

# Better Homes & Gardens

let your  
*HOME*  
TELL YOUR  
STORY

✿  
This L.A.  
home is  
a scrapbook  
of global  
style  
p. 37

**THE  
TREND  
ISSUE**

**CREATURE COMFORTS, FUNKY FLORALS & VINTAGE FOR THE WIN**



# HISTORY LOVES COMPANY

## *unforgettable* HOSPITALITY

Home to an array of acclaimed hotels and historic inns along with world-class dining normally associated with cities five times its size, this idyllic destination is a vibrant playground for culinary talent.

### **BELMOND CHARLESTON PLACE + CHARLESTON GRILL**

Luring travelers since the mid-1980s, this Charleston icon includes a world-renowned spa, curated shopping corridors, and a wealth of places to dine. From the breezy Palmetto Cafe to the refined Charleston Grill to the old-school Thoroughbred Club, the property's restaurants and lounges serve as backdrops for all manner of occasions.

### **RENAISSANCE CHARLESTON HISTORIC DISTRICT + LENOIR**

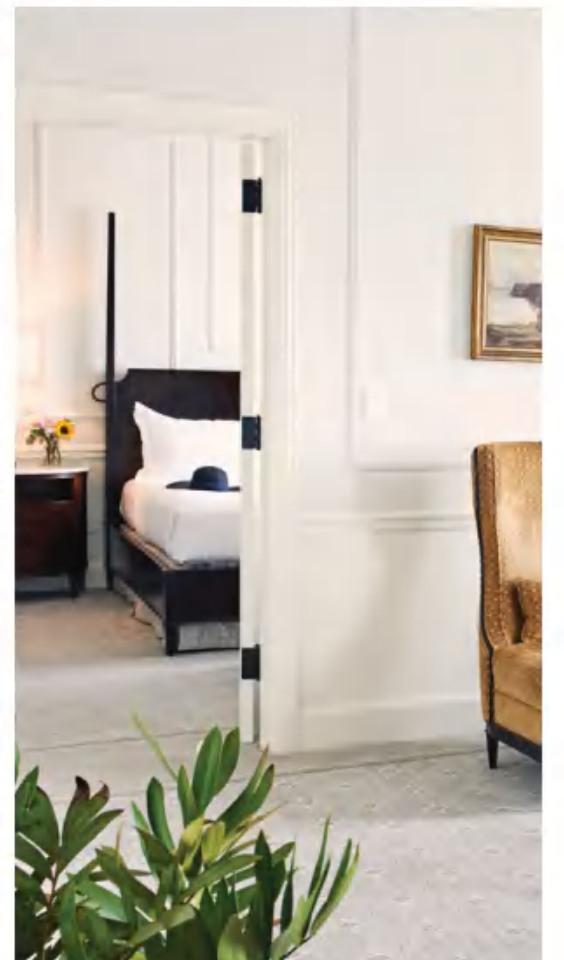
Food with a story tastes better - and this is one of the rural, agricultural South, the second restaurant onsite by celebrity chef, Vivian Howard. Enjoy boutique-style accommodations at this four-diamond hotel, showcasing all of the pillars of Southern hospitality.

### **EMELINE + FRANNIE AND THE FOX**

A boutique hotel experience for the soulful sojourner and the adventure-seeking culinary enthusiast. Experience a wood-burning concept of shareable dishes and refined touches found only in a luxury, lifestyle hotel. Every room and nook has been curated for comfort and style.

### **SWEETGRASS INN AT WILD DUNES RESORT + OYSTERCATCHER RESTAURANT & BAR**

Elevate your experience in a contemporary hotel that balances beachy aesthetics with historic Charleston. Rooted in local culture and tied to the island's natural setting, enjoy a comfortable restaurant serving an array of locally inspired small plates and shareable dishes. Representing growth and beckoning connection with natural simplicity, your quintessential beach escape awaits.







# CHARLESTON

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Explore *Charleston*

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PHOTOS: (MAN IN DOORWAY) DAVID TSAY, (FLOWERS) ATARAH ATKINSON, (PEPPERS) CARSON DOWNING, (BEDROOM) COSTAS PICADAS  
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# EDITOR'S LETTER



## KEEPING UP

Hear the phrase “Keep up!” and it immediately feels stressful, maybe for me because of childhood memories of lagging behind my parents as they rushed somewhere. As an adult, I get a nagging sense that perhaps I’m not as on top of things as I could be. But keeping up when applied to the importance of contemplating trends, as we do this month in our annual trend issue, can be a positive and rewarding thing.

There’s a big benefit to saying yes to new ideas and styles—I firmly believe it keeps us vital, and our BH&G editors feel the same. We always want to keep track of the flow of new colors, fashions, decor concepts, and innovations that enhance our homes and

lives, and share them with our readers.

But trends don’t have to be short-lived or intimidating.

We hold the power to pick and choose what we want to adopt and what we prefer to observe from the sidelines (even if it’s

with a wry smile because we lived through it the first time ... like distressed jeans, ahem). Trends are like a river: You can try to divert the water’s course, you can go for a swim, or you can sit on the bank and watch. The only thing you can’t do is stop the current.

Since my 20s, I’ve gone back and forth over the decades on what styles and ideas I want to pay attention to. Of course, I realize some of them are just noise, meant to market goods. But as I become more discerning, I am gaining the self-assurance to say “nah” more and more. There’s a certain power in rejecting the trends you don’t like and owning your right to say yes or no to them.

So we hope you’ll find some new ideas in this issue that appeal to you—and please don’t worry if you don’t like everything. There’s always something else coming round the bend.

STEPHEN ORR,  
*Editor in Chief*  
instagram @steporr

---

LETTERS + COMMENTS [BHGEditor@meredith.com](mailto:BHGEditor@meredith.com) SUBSCRIPTION HELP [BHG.com/MyAccount](https://www.bhg.com/MyAccount)  
or e-mail us at [BHGcustserv@cdsfulfillment.com](mailto:BHGcustserv@cdsfulfillment.com) or call 800/374-4244



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OLAY  
BODY CARE

FEARLESS IN MY SKIN





## OUTDOOR TRENDS

Outdoor spaces are getting an upgrade with smarter technology, indoor conveniences, and more spots to socialize. Learn how you can adopt this year's biggest trends in your yard.

**[BHG.com/OutdoorTrends](https://www.bhg.com/outdoortrends)**



[SWEEPSTAKES]

*Win*  
**\$25,000**

to design the kitchen of your dreams. Enter at **[BHG.com/25kKitchen](https://www.bhg.com/25kKitchen)** for a chance to win. Details on page 83.

## Make it hot (sauce)

Have a surplus of peppers? Turn them into delicious hot sauces in time for end-of-summer BBQs and canning season. Find out which peppers work best for tangy dips, sweet chili sauces, and classic sriracha.

**[BHG.com/HotSauces](https://www.bhg.com/hotsauces)**



A QUICK  
BROIL GIVES  
MARSHMALLOWS A  
GOLDEN CHAR.

## Frosty S'mores Bar

We've taken the classic campfire treat and turned it into an irresistible ice cream bar with a crunchy graham cracker and almond crust. Layers of chocolate-almond and salted caramel ice cream give it a sweet-salty boost—topped with chocolate and marshmallows, of course.



Hover your smartphone camera over this code to watch our video tutorial for this recipe.



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## ENTERTAINING GATHER ROUND

Picture it: The sky dims. The moon peeks through wispy clouds. Leaves rustle. That cool, crisp air can mean only one thing—it's time to go inside... then come right back out with a tray of goodies for s'mores. It's firepit season! A backyard fire is an instant partymaker. It gives guests a place to chat, nibble, and linger. Here's how to make the most out of this must-have.



  
Space lanterns around your ring of seating to cast a little extra light for guests to move around safely.

### **TREND ALERT** "FIREPITS ARE THE NEW COFFEE TABLE." —OMA BLAISE FORD, *Executive Editor*

Backyard fire features have been hot for several years, but they became near mandatory during the pandemic when they allowed us to gather safely outside with a few friends—not just on summer or fall nights but also well into winter. Add “sanity saver” to their list of selling points.



#### Low Carb Caramel Frappe

Blend  $\frac{1}{4}$  cup Torani Sugar Free Classic Caramel Syrup,  $\frac{1}{4}$  cup heavy whipping cream,  $\frac{1}{4}$  cup chilled, strongly brewed coffee, and 1  $\frac{1}{2}$  cups ice until smooth. Garnish with whipped cream.

#### Caramel Nitro Cold Brew

Combine 2 Tbsp. Torani Sugar Free Classic Caramel Syrup, 1 cup cold brew coffee, and 2 Tbsp. creamer over ice.

#### Guilt Free Candy Bar Protein Shake

Blend 2 Tbsp. Torani Sugar Free Classic Caramel Syrup, 1 Tbsp. peanut butter,  $\frac{1}{2}$  cup old fashioned oats, 2 scoops chocolate protein powder, and 4 ice cubes until smooth.

#### Zero Carb Whipped Cream

Whip 2 Tbsp. Torani Sugar Free Classic Caramel Syrup with 1 pint heavy whipping cream until soft peaks form.

#### Skinny Caramel Macchiato

Mix 3 Tbsp. Torani Sugar Free Classic Caramel Syrup, 1 Tbsp. Torani Sugar Free French Vanilla Syrup,  $\frac{1}{4}$  cup almond milk, and  $\frac{3}{4}$  cup iced coffee in a tall glass filled with ice.

#### Burnt Sugar Whiskey Highball

Stir 2 Tbsp. Torani Sugar Free Classic Caramel Syrup, 2 Tbsp. whiskey,  $\frac{1}{2}$  cup ginger beer, and 1 tsp. fresh lemon juice in a tall glass filled with ice.



## Mixes Well

Torani flavors are crafted to bring out the best in your drink so you can make something deliciously original without all the calories.

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"I'm impatient—I light a starter cube and go back to the lawn chair."  
—DIANA DICKINSON, Features Editor

PRO TIPS



## START A FIRE

"I've long been a fire-tending enthusiast, but I honed my skills by reading *How to Build a Fire* by J. Scott Donahue, (Cider Mill Press, \$15)," says home editor Katy Kiick Condon. We tapped Donahue to share his no-fail formula: Hair + Finger + Arm. The "hair" is the tinder, the fire's base and key to success. Wrap fine strands of straw, dry grass, bits of paper or cotton, and even dryer lint into a fist-size ball; keep it loose—you want air gaps in there. The next layer is kindling, twigs no thicker than a finger. Then fuel with logs the size of your arm. To put it all together, see Donahue's suggested arrangements, *right*.

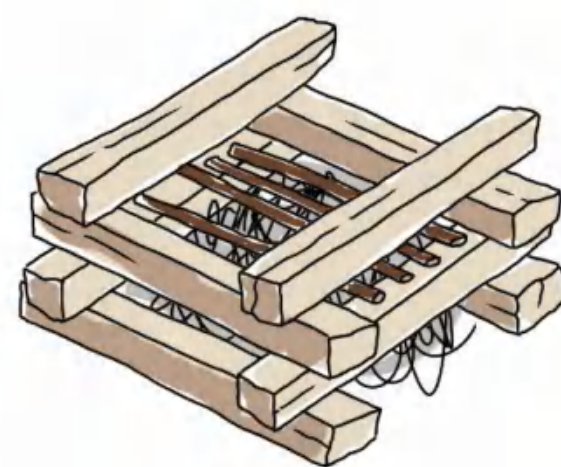
## LOG LAYOUT

However you build, the key is not to overdo it. Create spaces so oxygen can reach the fire.



### TEPEE METHOD

Lean kindling sticks against each other over a mound of tinder. Leave small openings or doorways so you maintain good airflow and can add tinder as needed. Light the tinder, and once the sticks catch fire, layer on more kindling, then another tepee of larger logs, keeping the doorways open.

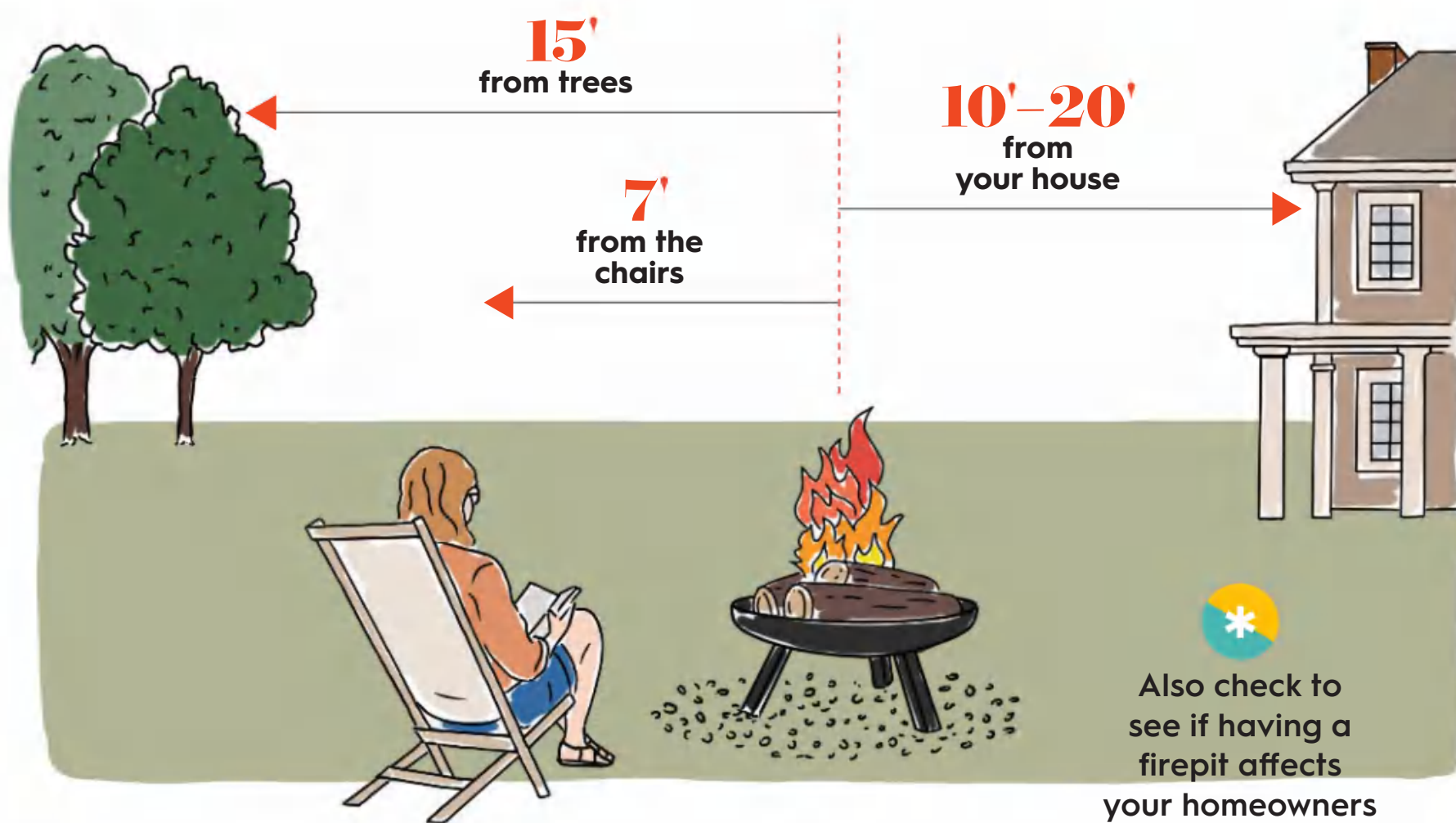


### LOG CABIN

This is a good method if it's a breezy day or you want to keep your log structure lower. Stack small logs Lincoln Logs-style around a ball of tinder. Across the middle, add a few kindling sticks. Repeat for a few layers, making sure to build in plenty of gaps for air and adding more tinder.

## site guide

Check local codes and restrictions regarding allowable types, placement, and use of firepits. (Some require features like cooking grates, for example.) Best practices: Place your firepit somewhere level, free of any flammable debris, and protected from wind. Stone patios, brick pavers, and gravel make a sturdy fire-resistant base, but you can also buy heat-shielding mats that will protect your decking and grass from heat damage.







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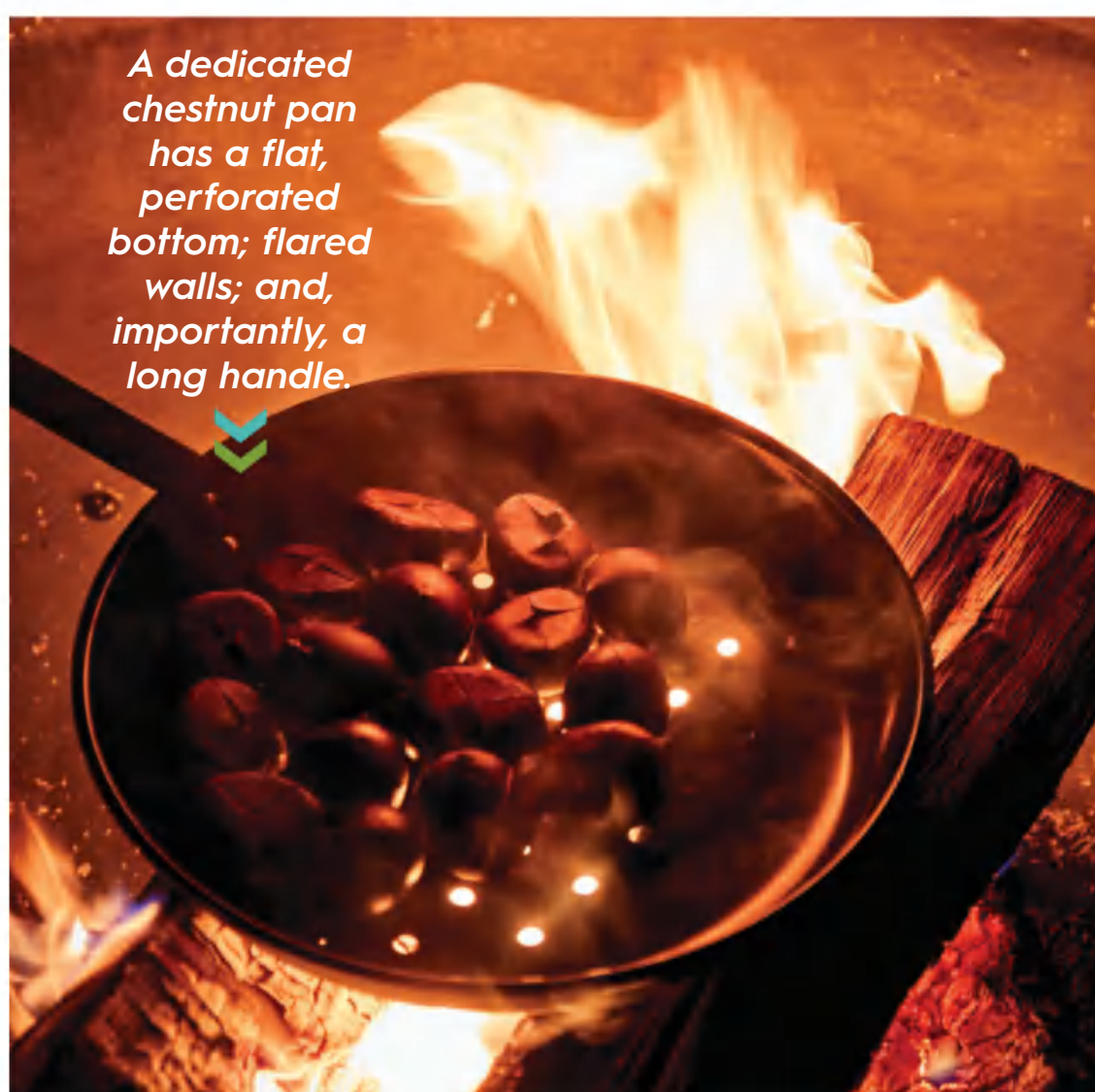
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A dedicated chestnut pan has a flat, perforated bottom; flared walls; and, importantly, a long handle.



Stack mozzarella balls, small tomatoes, and basil on a kabob skewer for a mobile caprese salad.

## SNACK BAR

Fireside cooking is an excellent excuse to flex your culinary creativity and elevate basic nibbles into interactive party tricks.

**1 ROASTED NUTS** Pop a shelled, salted nut mix into a cast-iron skillet. Roast on a grate for 5 minutes or until fragrant and toasty, stirring often. Remove from heat and, if desired, sprinkle on seasonings like cinnamon-sugar or any spice mix you fancy. Or try sweet, soft chestnuts, *above*. “We started roasting chestnuts because there’s a farm nearby,” says food editor Emily Teel. “But you can get fresh

ones in stores as early as September—don’t wait for snow!” Use a sharp knife to score an “X” into the bottom of each so steam escapes. Chestnuts are ready when they start to pop open. Cool 10 minutes, then peel while warm.

**2 CHEESE BOARD** Build your cheese board with a few ingredients guests can turn into savory s’mores. Skewer chunks of a firm cheese like Gouda

or sharp cheddar and briefly warm over the fire. Sandwich the melty cheese with sturdy crackers or grilled crostini, adding salami, prosciutto, and/or thin slices of pears or apples.

**3 S’MORES BAR** In addition to the essential trio, try new combos. Swap grahams for saltines or cookies and use pumpkin spice- or strawberry-flavor marshmallows with caramel-chocolate squares or peanut butter cups.



Forget everything you think you know about roasting forks. The Rolla Roaster telescopes from 12" to an extra-long 42". Twist the knob on the handle to rotate the fork for even toasting. \$15 for two, [rollaroaster.com](http://rollaroaster.com)







**Lunchables**  
**BUILT TO  
BE EATEN**



[EDITORS' PICKS]

# CHOOSE YOUR BEST FIREPIT

You need a fire feature that works with the rest of your decor while taking into account how you'll use it. We selected our favorites in a range of styles and prices.



## CLAY CHIMINEA

Great for smaller patios where guests will sit only around one side. The chimney helps airflow and keeps smoke away. \$90; [athome.com](http://athome.com)



## BANGOR FIREPIT

The wide-mouth basin holds plenty of logs, and a mesh cover blocks flying sparks. \$89; [target.com](http://target.com)



## GEO TABLE TOP FIRE BOWL

This 11"-wide stone bowl is low commitment, but you can still roast a mallow or two. \$90; [terraflame.com](http://terraflame.com)

SIMPLE

**BONUS FEATURES**  
This firepit comes with a lid to make it a side table when not in use.



## ASHER FIREPIT

Mod and colorful styling, plus a grill grate for cooking. \$339; [shopthenovogratz.com](http://shopthenovogratz.com)



## SOLO STOVE

Designed with holes on the bottom to eliminate smoke. \$300; [solostove.com](http://solostove.com)

SAVE



## MISCHA CHIMINEA

Small footprint but 360-degree views. \$183; [wayfair.com](http://wayfair.com)

## BIG HORN BLACK STEEL FIREPIT

Multiple cooking surfaces, including an outer rim tailor-made for softening chocolate bars. \$229; [lowes.com](http://lowes.com)



SPLURGE



## PATIO FIREPIT

Tiki makes easy-light bags for these that burn for 45 minutes. (You can add wood later to keep the fire going.) \$350; [tikibrand.com](http://tikibrand.com)



## AIDAN FIREPIT WITH TANK HOLDER

Comes with a side table that doubles as a propane tank holder. \$487; [homedepot.com](http://homedepot.com)

## MILPORT FIREPIT TABLE

Propane makes this easy on/off. The tank is stored inside so there's no hose to trip over. Better Homes & Gardens Collection®. \$294; [walmart.com](http://walmart.com)



BELLS & WHISTLES



## WEEKEND PROJECT

Build your own firepit. Hover your smartphone camera over this code to watch our video tutorial.



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## HEALTHY SKIN HOW TO GLOW FROM NECK TO TOE

Most of us spend 95 percent of our time focusing on 5 percent of our skin, namely the face. But the rest of your body deserves care, too, and neglecting it can speed up signs of aging. Add the extra sun exposure over the past couple of months, and your skin is due for some serious R&R (rehydration and repair).

Follow our derm-approved plan for moisturizing parched skin, softening rough patches, and preventing sun spots. Healthy, supple skin is easy (and affordable!)—it just takes a daily commitment to these simple steps.

### NECK 411

The skin here is thinner and more delicate than on other parts of your body.

“Moisturize and apply sunscreen on exposed skin every single day. If you just do those two things, you will see benefits.”

MONA GOHARA, M.D.,  
dermatologist



## your neck and chest

No need to buy a special cream to treat and protect the skin below your chin. “You can apply the exact same facial products to your neck and décolletage, including sunscreen—just do it with care,” says Ranella Hirsch, M.D., a dermatologist in Boston. Apply a light moisturizer or hyaluronic acid serum before applying active ingredients like retinol or vitamin C, and top with moisturizer (and sunscreen). “This provides a hydrating buffer that prevents redness and irritation,” Hirsch says.





# SHOW YOUR AGE

Hair Biology Thickening Treatment was formulated to work with the biological changes that affect hair as we age. Made with biotin and paraben-free, it instantly thickens for fuller looking hair. So you can show it off, and proudly show your age.







## make daily sun protection simple

Applying SPF on your body isn't only for summer vacays. "If skin is exposed, it has to be protected.

Sunscreen is the best product bar none for preventing hyperpigmentation, wrinkling, and sagging," says Mona Gohara, M.D., a dermatologist in Connecticut.

Multitask by using a body lotion like **Supergoop! Body Butter SPF 40**

(\$38; [supergoop.com](http://supergoop.com)) and pack a mineral

sunscreen stick in your bag to swipe on the backs of hands.

Try **Neutrogena Sheer Zinc Sunscreen Stick SPF 50** (\$13; [target.com](http://target.com)).

"Zinc works instantly to physically block UV rays," Gohara says.

## SHOWER YOUR SKIN BARRIER WITH MOISTURE

"Your protective barrier is the bricks-and-mortar outer layer of the skin," Gohara says. "The skin cells are the bricks, while skin's own ceramides and lipids form the mortar. Together they keep water in and irritants out." In the summer, our body can get extra dry and weathered-looking because elements like sun and seawater sap moisture from the surface. "Skin on the

body also has fewer oil glands than on the face," Hirsch says, "and the natural supply of

sebum, ceramides, and hyaluronic acid decreases as we age, so the skin doesn't produce or retain moisture as well as it used to." That's why daily habits are crucial. Start with shorter, not-so-steamy showers and always use a moisturizing cleanser.

**Dove Soothing Care Body Wash** (\$6; [target.com](http://target.com)) contains a mixture of stearic and palmitic acids, which work with your skin to produce ceramides of its own. Postshower, slather on lotion while your skin is still slightly damp. "This seals in water before it evaporates," Hirsch says. Look for one with occlusive emollients that lock in hydration, like shea butter, ceramides, urea, or natural oils such as coconut or sesame.

Try **Aveeno Restorative Skin Therapy Oat Repairing Cream** (\$13; [target.com](http://target.com)).



Oat kernel extract binds moisture to skin.

Give tough heels and elbows the spa treatment with **Drunk Elephant Sugared Koffee Almond Milk Scrub**, \$28; [drunkelephant.com](http://drunkelephant.com).



## BE A SKIN BUFF

Exfoliate to remove dry patches and dead skin buildup, but don't go overboard. "I prefer a lotion with lactic acid that gently dissolves that thick surface and moisturizes at the same time," Hirsch says. You can safely use **AmLactin Daily Moisturizing Body Lotion**, with 12 percent lactic acid (\$9; [walgreens.com](http://walgreens.com)), every day on trouble spots, including upper arms that are bumpy due to keratosis pilaris. For lizardlike heels and elbows, Gohara suggests a moisturizing body scrub once or twice a week. "Just don't use too much elbow grease when you massage it on."



## DON'T SKIP YOUR HANDS

Make hand cream an automatic part of your hand-washing routine.

"You have to replenish the moisture depleted by soap and water," Gohara says.

**La Roche-Posay Cicaplast Hands** (\$10; [laroche-posay.us](http://laroche-posay.us)) moisturizes with glycerin, niacinamide, and shea butter.

Want extra rejuvenating? When you apply products like retinol or antioxidant serum to your face, rub whatever is left onto the backs of your hands.

## Retinol does the same things on the body that it does for your face,

like improving skin cell turnover and promoting collagen production," Gohara says. "It's not a panacea for everything from sagging and wrinkles to cellulite—no lotion can do that—but it can definitely improve your complexion from the neck down."

Try **Olay Nighttime Rinse-Off Body Conditioner with Retinol** (\$6; [target.com](http://target.com)).







# HOMECOMING

*starts with a home.*

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in which to bring your dreams to life.

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**SOLD**

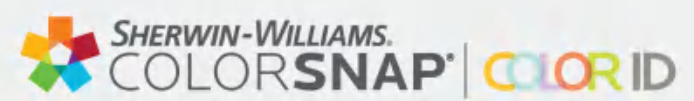
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### Cecilia's Trendsetter Palette Picks



# PALETTE *Perfection*

with **Cecilia Moyer**

See how this Iowa-based blogger and content creator transformed her living room using the ColorSnap® Color ID Trendsetter palette from Sherwin-Williams, and learn how you can make any space your own.

## Taking the Color ID Quiz

As a blogger and content creator, I'm passionate about sharing simple DIY projects. When I wanted to add some color to my living room, I turned to the Color ID quiz from Sherwin-Williams for inspiration. The design questions were fun and easy to answer! I was matched with the Trendsetter palette which is so accurate since I'm not afraid to push decorating boundaries.

*"I had fun incorporating the colors from the Trendsetter palette! It was easy because all 16 shades can be mixed and matched together."*

- Cecilia Moyer

## Designing My Living Room

I chose the shade Saguaro for the dividing wall, and Pure White for the adjacent wall. Pure White really helps Saguaro stand out, which is the look I wanted to achieve. The room came together beautifully!

WHAT'S  
YOUR  
COLOR ID?

Visit [swcolorid.com](https://www.swcolorid.com)  
to take the quiz  
and discover your  
perfect palette.



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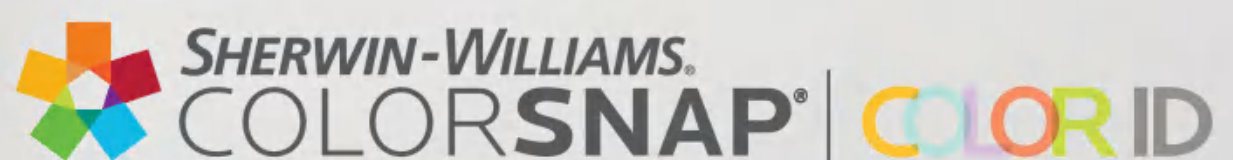


# THE PATH TO YOUR PERSONAL PALETTE STARTS HERE



Take the quiz  
to find your  
Color ID at  
[myswcolorid.com](https://myswcolorid.com)

Our Color ID palettes are thoughtfully curated for your unique personality. Exclusively at your local Sherwin-Williams store.



The Trendsetter Palette





COLOR  
**GREEN +  
PURPLE**

Leave it to Mother Nature to come up with the best color pairings. Take, for example, the play between the vibrant green foliage and lush purple flowers of lavender and lilacs. Designers are finding renewed inspiration in this versatile combo, and it's been popping up in decorator showhouses across the country—a testament to its staying, and trending, power.

STYLING: JESSICA THOMAS



# Kitchen Upgrades for Every Personality

1



2



3



With cooler temperatures on the horizon, fall is the ideal time to spruce up your indoor space. Learn how you can use hanging solutions from 3M CLAW™ and Command™ Brand to organize and personalize your kitchen.

## Try These DIY Projects

### FOR THE ON-THE-GO COOKING PRO 1

Mount a chalkboard with **Command™ Picture Hanging Strips** and write down your grocery list so you'll never miss an ingredient. Bonus: You can stash all of your chalk in the **Command™ Bath Accessory Organizer**.

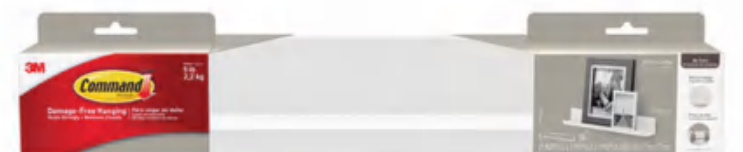


### 2 FOR THE DECORATING DYNAMO

Enhance the room and create the illusion of even more kitchen space by hanging a statement mirror with the **3M CLAW™ Drywall Picture Hanger**.

### 3 FOR THE ORGANIZING EXPERT

Ensure your go-to spices for seasonal soups, pies, and more are always within reach by creating a DIY spice rack using the **Command™ Picture Ledge**.



Scan the code with your phone for step-by-step project instructions. Learn more about the 3M CLAW™ heavyweight hanging solution and damage-free Command™ Brand products at 3M.com.



## SAME COMBO, DIFFERENT LOOKS

Changing the intensity and tone of the colors (how much white or black is mixed in), how they're combined, and the accent pieces they're paired with yields wildly different results. Check out three designers' interpretations of this on-trend pairing.



### ↑ go all in

Large blocks of color—pale green on the walls and ceiling, lavender on the sectional—create a soothing atmosphere in this living room. “We diluted the wall color by 50% for the ceiling,” says Kathy Bloodworth of Kendall Wilkinson Design. Patterned armchairs bridge the combo. **LEFT** Potpourri Green 2029-50 **RIGHT** Lavender Lipstick 2072-50 (Benjamin Moore)

### → play with tones

“You don’t have to treat a color as one note. Explore different saturations or tones within the spectrum,” says designer Amy Kehoe of Nickey Kehoe. In this room, she grounded a barely there lilac on the sofa with a range of rich, earthy green tones: deep pine on the wall and mossy velvet on an accent chair. **TOP** Studio Green 93 **BOTTOM** Sugared Almond 9913 (Farrow & Ball) ■



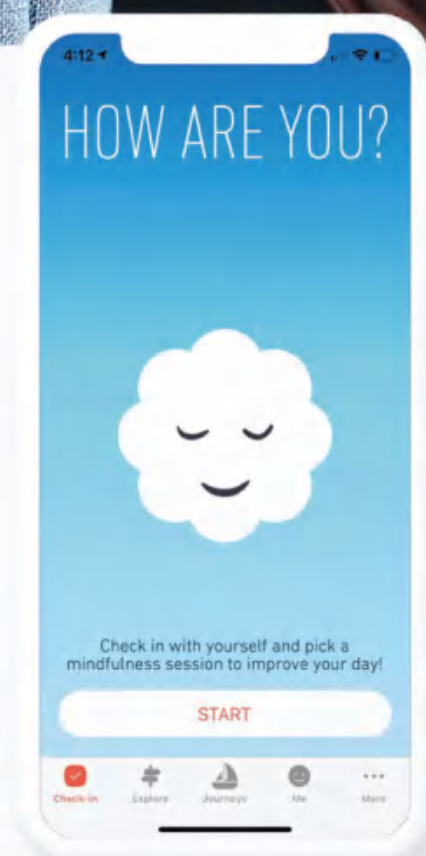
↑ **give it a break** Designer Martyn Lawrence Bullard cut rich eggplant and emerald with black and white accessories. “When you use bold colors, find a way to balance and neutralize them,” he says. “Black and white give you breathing room.” **TOP** Crown Jewel P420-7 **BOTTOM** Sultana P100-7 (Behr)



PHOTOS: (ROOMS, LEFT AND TOP RIGHT) TIM STREET-PORTER, (ROOM, BOTTOM RIGHT) AMY NEUNINGER



4:32 am — Restless  
6:27 am — Exhausted  
10:49 am — Stressed  
1:45 pm — Loving  
3:46 pm — Excited  
5:47 pm — Insecure  
8:42 pm — Hopeful  
11:07 pm — Grateful



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## FUNCTION

A home that works hard can look good doing it, thanks to multipurpose furniture, hidden storage, and smart tech. It's organized, inviting, and happily efficient.

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We're savoring the feel-good quality of things that come from the natural world—wood, stone, plants, and plant fibers—and bringing them into our homes at every opportunity.

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# COZINESS FEELS *so good*

Give us pettable pillows and rugs. Give us slightly worn, dearly beloved pieces that remind us of the past. Give us a sofa we can camp out on. And give us glowing candlelight we don't even have to worry about when we fall asleep on that sofa.

As the novelty of a few nights in became months at home, we said to heck with decor that's only for show.



Anni Rug by  
Nina Freudenberger,  
\$398 (2'6"×8');  
luluandgeorgia.com



Better Homes &  
Gardens Collection®  
Flameless LED  
Motion Flame Pillar  
Candle, \$10-\$16;  
walmart.com/BHG



Canopy Dream Dog  
Bed in Winter  
White, \$149-\$329;  
muttropolis.com

## pet nests

So-called pandemic puppies brought comfort to many. A plush canopy bed returns the favor.



Färlöv Armchair  
in Flodafors  
Gray, \$399;  
ikea.com



Age adds warmth and comfort to a room. We always look for vintage pieces that are in good condition with the right amount of wear.



DESIGNER KEVIN DUMAIS

## a sense of history

A desire to connect with the past (and in some cases because of pandemic-era shipping delays) prompts new interest in old furniture. Kevin and Charlie Dumais routinely scour flea markets for vintage finds, like the midcentury seating above, to create a collected, nostalgic feel.

## sink-in seating

It's official: Deep, cushy chairs and sofas that cradle you in a hug, like this one by Amber Lewis, are here to stay.





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# FUNCTION CALMS *the* DAY

we use our spaces, and seeking out easy-clean surfaces. Furniture with built-in storage hides stuff in plain sight, giving us the streamlined look we crave. And those expanded home work spaces? They're not going anywhere. Luckily, as this family room work zone, *below*, by designer Lauren Weiss suggests, fun and functional aren't mutually exclusive.

If a house is a machine for living in, as famed architect Le Corbusier said, this trend is the tune-up. We're decluttering, rethinking how



## light your way

Cross "installing dimmer switches" off the honey-do list. This wire-free, stick-on switch controls smart bulbs, so you get to pick the handiest spot for the switch, no electrician needed.



Cync Wire-Free Dimmer Smart Switch, \$25; [gelighting.com](http://gelighting.com)

Mr. Kate Moon Upholstered Bed with Storage in Light Gray, \$530 (queen); [amazon.com](http://amazon.com)



The open floor plan trend is slowing. With more people at home, clients are adding walls to their open layouts for privacy while working from home and to get some alone time!



DESIGNER  
MERIDITH BAER

Dual Lift Storage Coffee Table Ottoman in Blue Grey, \$211; [homedepot.com](http://homedepot.com)



## CLUTTER CUTTERS

Minimalism doesn't have to mean getting rid of all your stuff. But there's nothing like a messy room to spike stress levels. Professional organizer Shira Gill's upcoming book (*Minimalista*, \$30; [penguinrandomhouse.com](http://penguinrandomhouse.com)) is packed with tips for keeping your home tidy. Her organizing essentials:

### SHAKER PEG RAIL

Use it in any room to hang clothes, toys, tools, and more.

### WOOD HANGERS

Make your closet look like a boutique.

### GLASS JARS

A pantry and utility room must-have.



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\* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

‡ AMONG DOCTORS WHO RECOMMENDED A BRAND OF PROBIOTIC IN PROVIDENCE 2013- 2020 SURVEYS.



➔  
*think in multiples*

Using matching baskets or bins automatically looks organized (no matter what messes they hide).

## CLEAN + HEALTHY

Surface materials with naturally antimicrobial properties are gaining popularity. Here's what to look for.

### COPPER

Recognized by the EPA as antimicrobial, solid copper kills 99.9% of microorganisms. Look for it on sinks, faucets, and door handles.

### LINOLEUM

There's a reason hospitals have this flooring—it's naturally antibacterial and hypoallergenic. Plus, it's easy to install and comes in many homey colors and patterns.

### PAINT

Brands like PPG and Sherwin-Williams are launching safe microbicidal paints that kill more than 90% of surface bacteria and viruses for up to four years.

*no space left behind*

Designer Rebecca Hay tucked a mini mudroom, complete with shoe storage, cubbies, and a whiteboard, into this previously unused 4-foot-wide spot on a landing. Taking the cabinetry up to the ceiling packs in more storage.





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## NATURE *soothes* THE SOUL

You know how a walk in the park can instantly refresh your mood? That's biophilia, our hardwired desire to connect with nature. On the decor front, it looks a lot like these rooms by Robert McKinley, *right*, and Mikel Welch, *below*: all earthy colors, wood, and stone punctuated by the calming green of large-scale houseplants and Earth-friendly furnishings that give our homes a natural boost.



Portola Hills  
Caned Door  
Console by  
Studio McGee,  
\$250;  
target.com







## MATERIAL MATTERS

Global trend forecaster Patti Carpenter spotlights the natural elements you're going to see more of.

### WARM WOODS

Sustainably sourced, naturally felled, and recycled wood pieces have exposed grains, knots, and live edges.

### COLORFUL STONE

Marble and stone in earthy greens, browns, and taupes outshine whites and grays.

### NATURAL FIBERS

Woven rattan and caning add organic texture to furniture, but the shapes are sleek and simple.

Jules Green  
Marble  
Tank Tray, \$30;  
cb2.com

Reclaimed  
Wood Vase, \$59;  
arhaus.com



Rattan Dining Side  
Chair, \$120;  
livingspaces.com



## TREND ALERT a new leaf

Sculptural indoor plants are the next phase of our houseplant obsession. Designer Mikel Welch potted an autograph tree (in a planter he made look like stone) then elevated it to give it art status. ■



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📍 New River Gorge  
National Park



# destination: home

Designer and blogger **Dabito** thinks of a home as a living scrapbook of where you've been and where you're going. See how his home tells his story.



**\* Making Rooms** Dabito's house has an open floor plan, so he uses color and pattern to define "moments." Tropical wallpaper anchors the dining space, which is adjacent to the kitchen and living room. A plush banquette upholstered in stain-resistant acrylic fabric maximizes seating space in the corner nook. Stools pull up for extra seating when necessary.



For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**



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**In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.**

**Thank you to all the patients, nurses, and physicians in our clinical trials.**

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

#### **Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)**

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

#### **What are OPDIVO and YERVOY?**

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

#### **What is the most important information I should know about OPDIVO and YERVOY?**

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

#### **Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including**

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

**Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:**

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

#### **Getting medical help right away may help keep these problems from becoming more serious.**

Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

#### **What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:**

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant





**Talk to your doctor about OPDIVO + YERVOY**

**[www.OPDIVOYERVOY.com](http://www.OPDIVOYERVOY.com) 1-855-OPDIVOYERVOY**

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

**Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

**Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.**

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

**What are the possible side effects of OPDIVO and YERVOY?**

**OPDIVO and YERVOY can cause serious side effects, including:**

- **See “What is the most important information I should know about OPDIVO + YERVOY?”**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

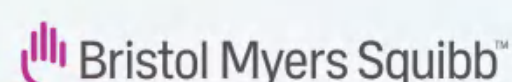
**The most common side effects of OPDIVO when used in combination with YERVOY include:** feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

*OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.*

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to [www.OPDIVO.com](http://www.OPDIVO.com).



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**d**abito says he's a homebody at heart, and in his many travels seeking design inspiration—beaches near Bangkok, glaciers in Iceland, the French Quarter in New Orleans—he always feels the call of home. Details throughout his Los Angeles house catalog places he's been. Arched doorways, built by Dabito and his father, are inspired by Spain and the work of architect Álvaro Carrillo Eguilaz. New herringbone bamboo floors are a nod to Parisian parlors. And the wood bar-turned-media-cabinet in the living room and Moroccan rug in the office are treasured vintage finds. "I always wanted to have my own space and make it beautiful so I could spend the rest of my life there," says Dabito, the design brain behind creative studio Old Brand New ([oldbrandnew.com](http://oldbrandnew.com)). Since scooping up this 1950s house near his childhood neighborhood, he's made a character-filled place to land between trips. Browse rooms as you would a photo album: with care and the curiosity to stop and hear a story or two.

**TREND  
ALERT**

Power sofas in bold, bright colors, like this turmeric yellow, feel extra luxurious in velvet.



# 5 room essentials

Dabito's living room includes all his decor must-haves.

## 1 NATURAL TEXTURES

A carved wood table, caning, bouclé upholstery, and embellished pillows add warmth and a handmade quality.

## 2 BOLD COLOR

Dabito balances warm and cool tones in a palette of orange, green, yellow, pink, and purple.

## 3 VINTAGE TREASURES

"A lot of things find me," Dabito says—like this vintage-look rug he stumbled upon on Overstock and items from Etsy (his go-to for vintage).

## 4 SOMETHING PERSONAL

Items like paintings he made himself and an abacus from an aunt aren't just decor. He says, "They make your own gallery, your own soundtrack."

## 5 PLANTS

Large, sculptural plants like fan palms have a bigger impact than lots of little houseplants.





### GLAM REVIVAL

Dabito converted a spare bedroom, *right*, into a library and home office. It's hardworking but swanky, with a 1970s aura thanks to chartreuse palm wallpaper, velvet accent chairs, and funky art displayed on a Samsung Frame TV.

### STRIKING DETAILS

Indoor trees and large-scale art make rooms more impactful and cozy for Dabito, *far right*, his partner, and their cat and two pups.



### TREND ALERT

A monochrome kitchen feels bold but not overwhelming with cabinetry and walls in a cool, organic color.



“I hang art I’ve made over the years to remind me of my trajectory in life and how I’ve grown. It reminds me where I’ve been.”

”

DABITO

### FOCUSED COLOR

Going monochromatic might feel like a bold move, but Dabito likes the way it envelops a room for a calming effect. In the kitchen, *left*, cabinets, walls, and the range hood are painted with Behr Royal Orchard semigloss enamel. “Green is such a neutral color for me,” he says. A vintage rug and walnut shelves balance all the cool green with warmer colors.



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## TREND ALERT

Colorful flooring energizes small spaces.

This ceramic tile's imperfect edges and color variations add a handmade touch.



■ **LITTLE LUXURIES** The en suite bath, *top*, was an exercise in planning. A vanity with a trough sink and open shelf provides the perks of a double vanity in just 48 inches. The arched doorway connects the suite; for privacy, Dabito added a water closet with a pocket door (not shown). ■ **ON DISPLAY** Built-in shelving, *above left*, was a must for creating architectural charm and display space. Shelves flanking the entry to the bath hold Dabito's souvenirs from around the world as well as family heirlooms. ■ **OUTDOORS IN** The biggest renovation turned two small bedrooms into one large suite, *above right*. New windows act as a headboard and frame views of fig and bougainvillea trees. ■



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# the butterfly guy

After helping bring an elusive butterfly back to a garden in San Francisco, **Tim Wong** shares easy steps you can take to entice winged friends to your own yard.

**T**im Wong has been fascinated with butterflies since kindergarten, when he raised his first painted lady from a kit. By the time he was a young adult living in the San Francisco Bay Area, his attention had been captured by a lesser-known butterfly, the spectacular California pipevine swallowtail. “There’s nothing else quite like it in our region,” Tim says.

Native to Northern California, the iridescent blue-and-orange species had all but vanished from San Francisco due to habitat loss. An avid gardener, Tim made it his mission to bring it back to the San Francisco Botanical Garden, where he volunteers.

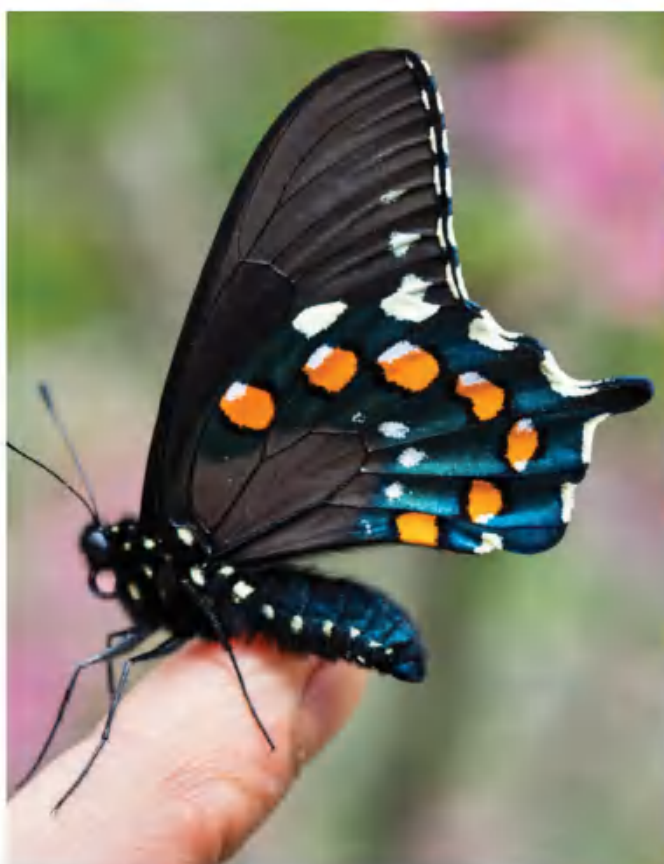
To do that, Tim has spent his days off (he’s a biologist) over the past nine years cultivating one plant at the botanical garden: the California pipevine. It’s the swallowtail’s host plant, where females lay their

eggs and young caterpillars feed. Although swallowtails will feed from a wide range of nectar plants, they, like many butterflies, are exclusive about their host. Deprived of it, they can’t complete their life cycle.

After leading the volunteer effort to plant dozens of California pipevines at the garden, as well as revive older vines, Tim has seen his

efforts pay off. Today, caterpillars are often so dense along the botanical garden paths that there are Caterpillar Crossing signs to protect them. And by spring and summer, Tim says, “there are just tornadoes of blue butterflies.”

*\* Follow Tim’s butterfly adventure on Instagram (@timtastlc).*



**Clockwise, from top left:** Tim holding nectar flowers grown at the San Francisco Botanical Garden to attract butterflies; a swallowtail feeding on a California buckeye; the California pipevine, where the butterfly lays its eggs (note: the plant is toxic to pets); a mature male.

## Tips for a BUTTERFLY GARDEN

1

### SKIP THE CHEMICALS

Avoid using pesticides in your garden. Most are toxic to insects, including butterflies and moths.

2

### DON'T TIDY UP

Resist the urge to keep your garden perfectly clean. Caterpillars often adhere themselves to branches and twigs for the pupating stage, the process in which a caterpillar sheds its outer skin to reveal an exoskeleton (the chrysalis) before emerging as a butterfly.

3

### BE A GOOD HOST

If you’re trying to attract a specific butterfly, look up its host plant and nectar plants, and add them to your yard.

4

### PRUNE WITH CARE

Check leaves and branches for caterpillars and chrysalides before making any pruning cuts. ■





**Important facts about FANAPT® (iloperidone) tablets**

**PURPOSE**

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

**IMPORTANT SAFETY INFORMATION**  
**BOXED WARNING:**

**Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.**

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased

heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt®. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt®.

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt®. This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt®.

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt®, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt®. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt®.

To access the full Prescribing Information, including BOXED WARNING, visit [www.Fanapt.com](http://www.Fanapt.com).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Learn more about savings at [www.Fanapt.com](http://www.Fanapt.com).



## the crispiest **CHICKEN SANDWICH**

The fast-food fried chicken sandwich frenzy continues, but you don't need a deep fryer to nail the trend. Learn how to make them at home, no drive-through necessary.



### VEGGIE PEELER

Carrot and celery are a must-have with Buffalo wings. Use a peeler to shave the vegetables into fine ribbons for a sandwich-topping slaw.



### SHALLOW FRY

No need for a gallon of oil. Frying chicken Southern-style in a smaller quantity of oil yields results just as crisp and mouthwatering.

### TREND ALERT

Crispy chicken sandwiches were DoorDash's second most-ordered food in 2020 behind chicken fingers with fries.



### CORNSTARCH DREDGE

Adding cornstarch makes this breading extra crunchy so it can stand up to sauce without getting soggy.

### BUFFALO SAUCE

A sauce dunk, not a drizzle, gives this sandwich brazen heat. Hover your smartphone camera over the code, below, to see how we put it together.



### SANDWICH #1 spicy buffalo

Tangy and saucy, this sandwich marries the technique of Southern-style buttermilk-brined and skillet-fried chicken with the famous flavor of Buffalo wings.



**Makes  
broccoli less  
broccoli-ey.**



**For the win win**

© 2019 Kraft Foods





## SANDWICH #2 crispy dill pickle

A classic chicken sandwich is double-dipped and deep-fried. We like this one with lettuce, tomato, pickles, and a copycat sauce or buttermilk ranch.

### COPYCAT CHICK-FIL-A SAUCE

Mix equal parts mayo, yellow mustard, and barbecue sauce for a convincing drive-through dupe.

### BAKING POWDER COATING

Adding baking powder to the dredge gives this fried chicken airy crunch.

### PICKLE BRINE

Pickles show up as sandwich topping—their brine as a tangy, tenderizing marinade.

## FRYING FINE POINTS

Frying seems simple, but a few techniques help ensure results as good as a restaurant's when doing it at home.

### BREAD + REST

Let chicken sit in its breading for a bit to allow the flour to hydrate, which yields a crispier finished result.

### OIL TEMP

Use a thermometer to ensure oil remains at 375°F throughout frying for cutlets that are crispy not greasy.

### EASY DOES IT

Don't move the chicken for at least a minute and handle gently thereafter so you don't tear breading.



# Today, snack a little bolder.



©/©2020 Tyson Foods, Inc.



RECIPES  
BEGIN ON  
PAGE 81.



#### TONKATSU SAUCE

Though named for a breaded pork cutlet, this tangy Worcestershire-flavor sauce is just as good on chicken. Look for the popular Bull-Dog brand.

#### MIRIN

Marinating the chicken with mirin (a sweet, low-alcohol Japanese rice wine), soy sauce, sesame oil, and garlic adds layers of flavor.



#### AIR FRYER

A spritz of cooking spray is all these cutlets need to crisp up in an air fryer or the oven.

### SANDWICH #3 air-fryer chicken katsu

An air-fried version of the chicken cutlet sandwiches sold at Japanese convenience stores, these are piled high with shredded cabbage on soft milk bread.



**\*PANKO PLUS SESAME** We love panko bread crumbs for their flaky crunch whether air-fried, pan-fried, or baked. Though it's not traditional, mixing sesame seeds into this katsu breading adds dynamic speckles and subtle toasted sesame flavor. ■





# ROYAL®

## Authentic Flavor Fast



A TRADITION OF EXCELLENCE

**ROYAL**

**CILANTRO LIME**

SEASONED BASMATI RICE

HEAT & EAT  
**90**  
SEC  
COOK TIME



NET WT 8.5 OZ (240 g)

PER SERVING  
**250**  
CALORIES

0.5g  
SAT FAT  
10% DV

460mg  
SODIUM  
10% DV

1g  
SUGARS

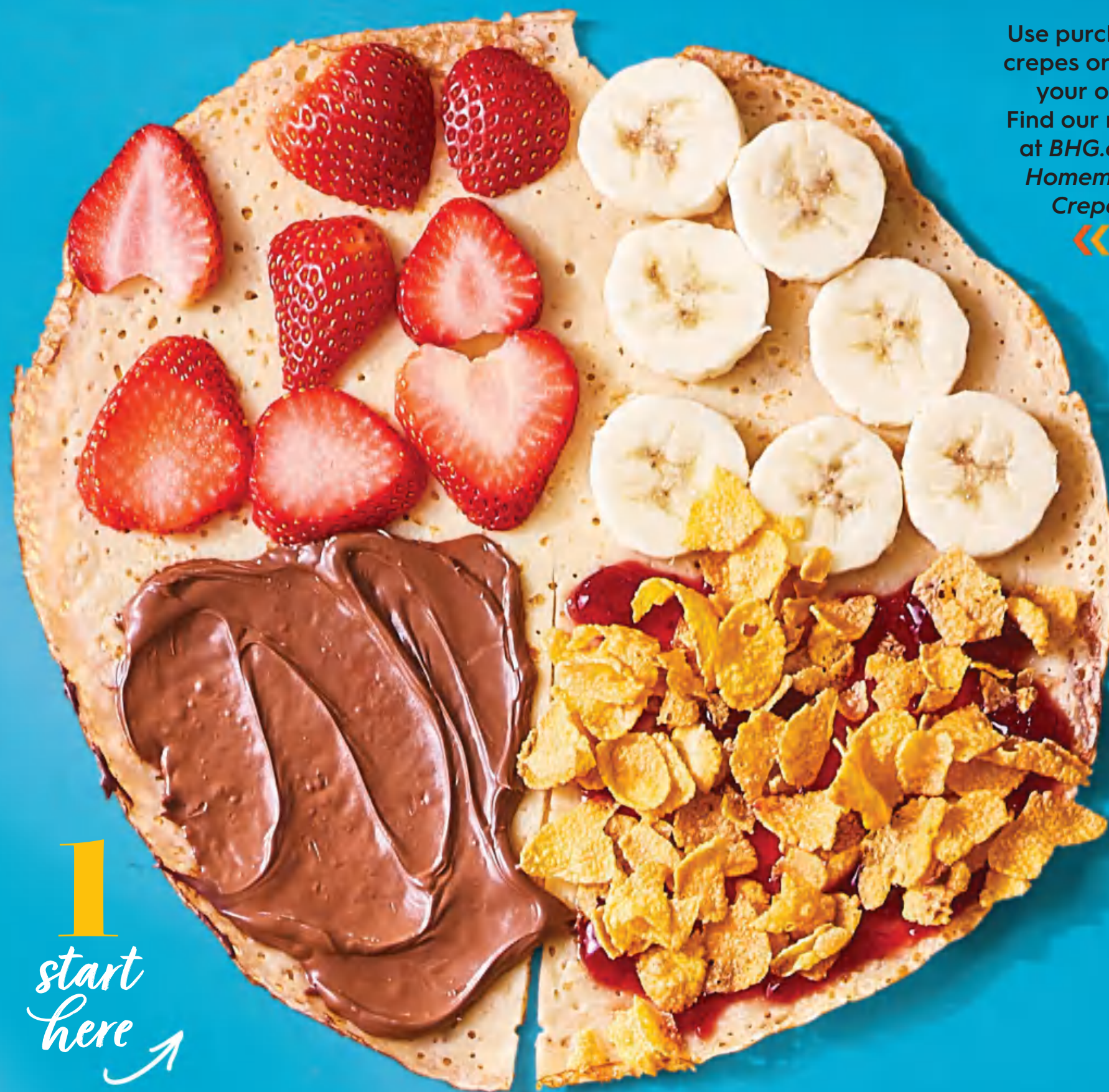
Royal® brings you authentic flavors from around the world combined with the sweet aroma & long grain goodness of Basmati Rice. From your kitchen to your table in 90 seconds.

See all our 7 exciting flavors at [f](#) [p](#) [i](#) @AuthenticRoyalFoods



# hot breakfasts

Unless you've been actively avoiding the internet, chances are high you'll recognize the inspiration behind these morning meals. We put our spin on three of the biggest social media recipe sensations.



Use purchased crepes or make your own: Find our recipe at [BH&G.com/Homemade Crepes](https://www.bhg.com/homemade-crepes).



## CHOCOLATE-HAZELNUT & BERRY FOLDED CREPE

How it started: All of TikTok was arranging quesadilla ingredients in quadrants on a tortilla. How it's going: We use purchased (or homemade) crepes and four sweet fillings.

Cut a slit from one edge to the center of an **8- to 10-inch crepe**. Arrange each topping in a separate quadrant: 2 Tbsp. **chocolate-hazelnut spread**;  $\frac{1}{4}$  cup **sliced strawberries**;  $\frac{1}{4}$  cup **sliced banana**, and 1 Tbsp. **jam** topped with  $\frac{1}{4}$  cup **cornflakes**. Fold each quadrant over the next (see "Quad Fold," below). In a large skillet heat 1 Tbsp. **butter** over medium. Add folded crepe and cook 1 minute, pressing lightly. Flip and cook 1 minute more or until warmed through. Makes 1 crepe.

### [HOW-TO] QUAD FOLD

With the slit of the crepe at the bottom, use a spatula to lift and fold the bottom left quadrant to the top, then continue folding as pictured, right.





# REAL HONEY. WHOLE-GRAIN OATS. A NEW SPIN ON KELLOGG'S RAISIN BRAN.®

KELLOGG'S RAISIN BRAN® TOASTED OATS & HONEY



HEART  
HEALTHY

While many factors affect heart disease, diets low in saturated fat & cholesterol may reduce the risk of this disease.



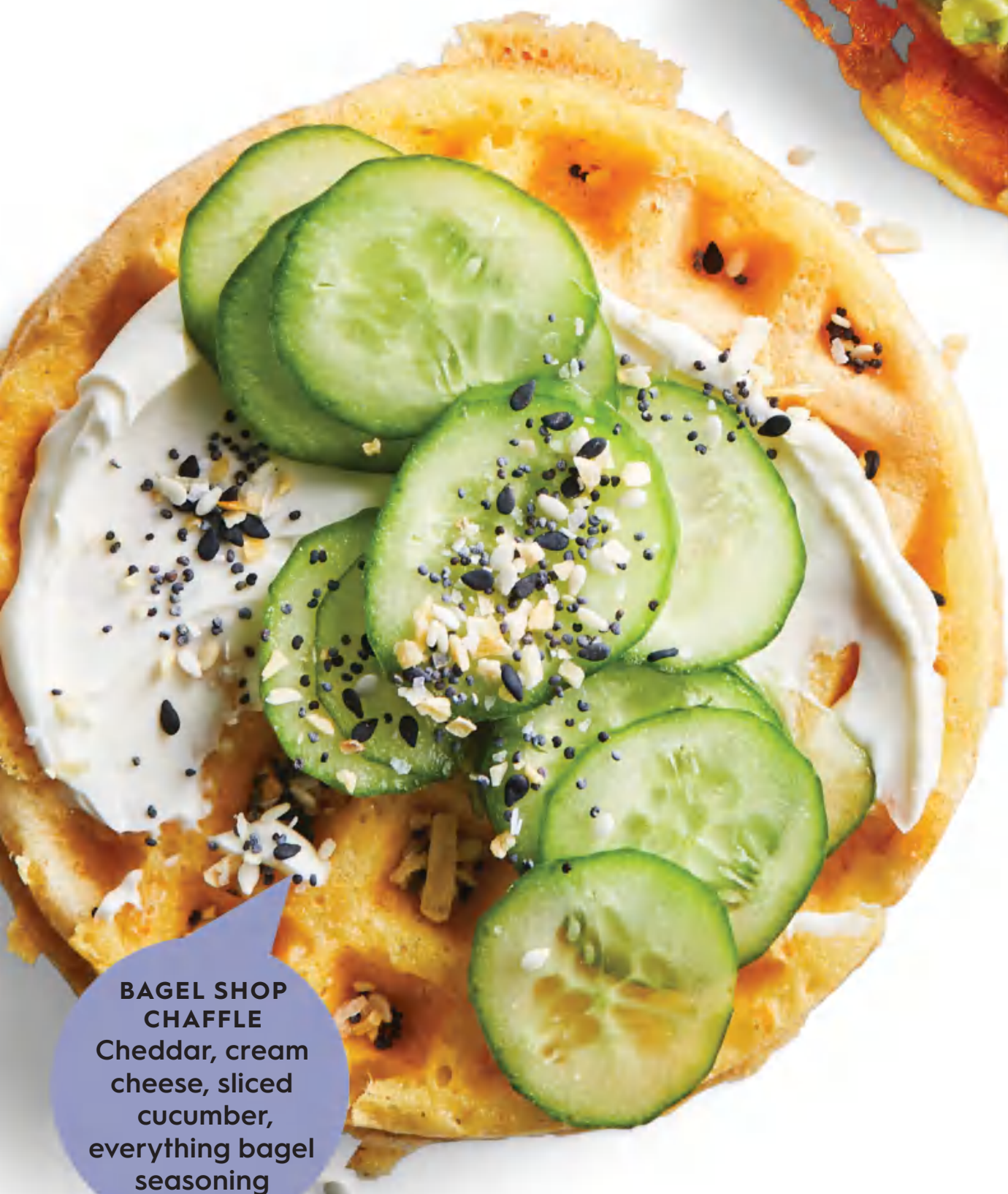
## Kellogg's Raisin Bran® Toasted Oats & Honey.

Get the two scoops and fiber-rich flakes you love, now with toasted whole-grain oats and a touch of real honey.



[DEFINITION]  
"CHAFFLE"

A chaffle is a waffle made from a batter of shredded cheese and eggs (cheese + waffle = chaffle).



**BAGEL SHOP CHAFFLE**  
Cheddar, cream cheese, sliced cucumber, everything bagel seasoning



**AVOCADO TOAST CHAFFLE**  
Sharp cheddar, mashed avocado, crumbled bacon, diced red onion, hot sauce

## STUFFED MINI CHAFFLES

How it started: Low-carb waffles from a two-ingredient batter of eggs and cheese. How it's going: Stuffed mini chaffles finished with toppers inspired by trendy toasts.

Grease and heat a mini waffle baker according to manufacturer's directions. For batter, whisk together 2 **eggs**, ½ cup **shredded cheese** (options, *right*), 2 Tbsp. **all-purpose flour**, ¼ tsp. **baking powder**, and ⅛ tsp. **each salt and ground black pepper**. Sprinkle 1 Tbsp. additional cheese in the center of the mini waffle baker. Top with a rounded tablespoon of

the batter. If desired, add a Filling (options, *below*) then additional batter to cover. Top with an additional 1 Tbsp. cheese. Heat 3 minutes or until browned and set. If desired, finish with Toppers (options, *below*). Makes 2 mini waffles.

■ **CHEESES:** sharp cheddar, Monterey Jack, pepper Jack, taco blend, Co-Jack

■ **FILLINGS:** crisp-cooked bacon; diced ham or Canadian bacon; cooked, crumbled breakfast sausage or chorizo

■ **TOPPERS:** In addition to the combos pictured, try cilantro, chives or green onions, maple syrup, mashed or refried beans, tomatoes, etc.

## BAKED HUMMINGBIRD OATMEAL

How it started: A blended, baked oatmeal. How it's going: Baked oatmeal with the flavors of hummingbird cake—banana, pineapple, pecans—and the texture of a spoonable banana bread.

Grease four 10- to 12-oz. baking dishes. In a blender combine 2 cups **rolled oats**, ⅓ cup **packed brown sugar**, 1 tsp. **baking powder**, 1 tsp. **ground cinnamon**, ½ tsp. **salt**, 1 cup **milk** or **nondairy milk**, 2 cut-up **bananas**, and 2 **lightly beaten eggs**.

Blend until nearly smooth. Stir in 1 cup **chopped toasted pecans**. Pour into dishes. Sprinkle each with ½ cup **flaked** or **shredded coconut**. Bake, uncovered, 25 to 30 minutes at 375°F. Let cool slightly. Combine 1 cup **chopped fresh pineapple** and 2 Tbsp. **granulated sugar**. Spoon over oatmeal. Serves 4. ■

[PINEAPPLE BRÛLÉE]

For a toasty topper, slice fresh pineapple, sprinkle with sugar, and torch or broil until sugar melts.







Make your cup richer and  
your morning smoother.



Coffee's  
perfect  
mate®



Good food, Good life



# *The* **bold** *and the* **beautiful**



FLORAL DESIGNER KELSEA OLIVIA KNOWS HOW TO MAKE A STATEMENT WITH STEMS. SHE SHOWS HOW TO WORK THE LATEST TRENDS—DYED, DRIED, AND WILDLY PAINTED FLOWERS—INTO YOUR OWN ARRANGEMENTS.

BY JENNY COMITA PHOTOS ATARAH ATKINSON

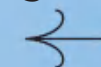


## Trend alert

### PAINTED AND DYED FLOWERS

Flowers in metallic or super-saturated colors instantly bring an arrangement into 2021. While you can get dyed flowers from your local florist, you can also experiment with this trend yourself by coating fresh or dried flowers with a floral spray paint (from [dmcolor.com](https://www.dmcOLOR.com)).

Fresh hand-painted anthuriums from [hausofstems.com](https://hausofstems.com) can last weeks if the water is changed regularly.




### SHINE ON

Who says gilding the lily is a bad thing? Here Kelsea tucked iridescent anthuriums amid peonies, ranunculus, carnations, tulips, and mums. Some flowers are dyed; others are natural. "I love combining special flowers with stuff you could find in any grocery store," she says. "It can't all be caviar." For large arrangements like this one, she suggests clustering flowers more tightly at the bottom and keeping taller ones loose.



# THE ART OF SIMPLICITY

"If you love flowers but arranging seems overwhelming, bud vases are a great option," Kelsea says. "Even a little cluster of three vessels will make a big impact on an entryway table." Try this with fuller flowers like carnations, roses, or peonies, or ones with especially graceful shapes like poppies or ranunculus.



To reveal this tulip's citron center, Kelsea carefully inverted each petal, a technique known as reflexing. "Make sure the flower is well-hydrated before you bend the petals, and if they resist, don't push it."



### A LITTLE WILD

"I wanted this arrangement to feel like wildflowers growing down the middle of the table," Kelsea says. She started by filling a long, low trough with three small metal flower frogs, alternating with clusters of chicken wire. Then she "planted" her arrangement by building a base of baby's breath and pink-dyed grasses and tucking in ranunculus and lisianthus. Everything is clipped short for a delicate look (and to make conversing easy).







## SOFT AND EARTHY

Kelsea mixed a variety of richly textured dried flowers—fuzzy pink thistles, skeletal alliums, feathery miscanthus (one of her favorite materials), and pink protea—with a fresh, painted anthurium for contrast. If you're mixing dried elements with fresh flowers, keep the dried stems out of water as much as possible. Between uses, make sure they're completely dry and store in an airtight container.

## *Trend alert*

### DRIED ELEMENTS

"A balance of textures makes a dried arrangement look modern," Kelsea says. Of course, the vintage look can also be a draw. "Ever see *The Golden Girls*? The pampas grass in their living room is so chic!" See our guide to drying flowers at [BH&G.com/DriedFlowers](https://www.bhg.com/dried-flowers) or buy them from [afloral.com](https://www.afloral.com), Kelsea's favorite source.





## MEET KELSEA

Her New York floral design company, East Olivia, is known for over-the-top installations for events. But when the pandemic put a pause on gatherings, Kelsea pivoted and began selling dried and preserved bouquets on her site, [eastolivia.com](http://eastolivia.com).

Here she shares some of the secrets behind her signature style.

### WHERE DO YOU FIND INSPIRATION?

I'm a big fashion fan. Fashion is where you

see people taking the biggest risks with color and texture. I'm also a big fan of backyard foraging. Head outside with your clippers and snip a few interesting sprigs to add to the mix.

### EASY WAY TO FANCY UP A GROCERY STORE BOUQUET?


If the flowers you're working with are really basic, make a point of playing with shape or color. Try an arrangement that's half carnations and half roses, for example, and reflex some of the rose petals.

### WHAT ARE THE NEXT TRENDS IN FLORAL DESIGN?

Artistic, hand-painted materials are definitely big. At East Olivia, we've been collaborating with fine artists to paint dried palm, which looks amazing. Another shift I'm

seeing is a real focus on seasonal ingredients. It's more about going to the flower market and seeing what looks freshest, and letting that be the starting point for an arrangement rather than seeking out a specific flower. ■






→

Throughout the house, punches of yellow brighten any heaviness that might come with antique furniture, rugs, and floral wallpaper.

## THE STUDY

A blue birds-and-botanicals wallcovering (designed by Finnish ceramist Birger Kaipiainen in 1957) complements the deep red vintage rug in this Upstate New York house by interior designer Fawn Galli. The creamy white ottoman tames the busyness of the blended patterns. Its tufted construction feels equal parts tailored and cozy.



Floral wallpaper.  Antique mahogany stools.  Iron scroll bed frame.   
 That might sound like a recipe for a house stuck in the past, but in interior designer Fawn Galli's hands, it's the way to give a new build heart , soul, and history. The difference between a museum period room  and hip family hangout, though, is contrast. For every antique  there's a contemporary  counterpoint. In every space there's a surprise of scale  or pattern that's fully modern. Call the trend Granny Chic  or Grandmillennial or New Traditional. One thing's clear  when it comes to decorating in 2021 and beyond...

**EVERYTHING  
OLD IS NEW AGAIN**



**UNEXPECTED**  
Delicate red  
flowers on the  
block print curtains  
bring a sense of  
playfulness, and  
a huge Moroccan  
rug adds visual  
warmth.





## LIVING ROOM

"I'm always looking to create a narrative, but also to create contrast," says interior designer Fawn Galli. In the living room and throughout the house, traditional and antique furnishings (the mantel mirror and upholstered mahogany footstools) are paired with clean-lined, modern pieces (midcentury armchairs and an oversize coffee table). Known for creating rooms that don't take themselves too seriously, Galli always adds an unexpected element—like the striped red and orange curtains that peek through from the adjacent room.

**TRADITIONAL**  
Twin tight-back sofas with classic rolled arms anchor the seating area. Floral brocade pillows amplify the trad notes.



**MODERN**  
Mismatched velvet midcentury armchairs quietly contrast the sofas both in style and color.



## STYLE BALANCE GET THE LOOK

Clean shapes and botanical prints balance the weight of dark woods and antiques.



### TABLE

Marble and gold work with almost anything. Chadton Accent Table, \$130; ashleyfurniture.com



### CURTAIN PANEL

Orange Blossom Persian Mediterranean Floral, \$70 (44"×84"); saffronmarigold.com



### LOUNGE CHAIR

A sleek form to offset traditional pieces. Gallien, \$599; wayfair.com



### THROW PILLOW

For the love of chintz. 16"×16" in Mandarin Lanai by Scalamandré, \$69; theinside.com



“Contemporary architecture frequently offers more natural light and austere spaces, so you need to counter that with warmer furnishings and pieces that lean more traditional.”

FAWN GALLI



**TRADITIONAL**  
Painted millwork, a common feature in historic country houses, shows off old-house details like the tall baseboards and built-in window seat.

**MODERN**  
Three large Noguchi pendants instead of the expected chandelier create a surprising sculptural feature.

## MIXED MATERIALS GET THE LOOK

Easygoing materials like black wood, paper, and colorful textiles drive this traditional space in an informal, inviting direction.



**DINING CHAIRS**  
*Ashleigh Solid Wood and Natural Cane Chairs, set of 2, \$330; wayfair.com*



**PENDANT**  
*Orb by Adesso, available in three sizes. Starting at \$40; iamfy.co*



**TAPER HOLDERS**  
*Allis Black, set of three, \$89; cb2.com*



**PILLOW**  
*Ankara throw pillow, \$45 (18"×18"); unwrp.com*





**TRIM**  
KALE GREEN  
SW 6460  
SHERWIN-  
WILLIAMS

## DINING ROOM

Galli paired a clean-lined teak and metal table with black bentwood dining chairs. Originally designed in 1925 by Josef

Hoffmann (and still produced through Design Within Reach), the chairs are both vintage in feel and modern in look with their low square backs and on-trend caning.

African print textiles play up the window nook and bring vibrant color and pattern to an otherwise muted palette.



**MODERN**  
Leggy midcentury tables are subtle contemporary notes. The floral print on the chairs references the '80s chintzes Galli's client loves.



## FAMILY ROOM

A raspberry sofa—its shape mimics the sofas in the living room—adds a sumptuous, cozy touch to the airy space. White cane chairs recall the ubiquitous furniture on screen porches in early coastal homes, but in a modern silhouette.

## POWDER ROOM

Galli was inspired by her client's memories of the floral wallpapers that covered her and her childhood friends' bedroom walls in the 1980s. This Abigail Borg print is a contemporary interpretation of those florals. Teal trim and a woven wastebasket cut the fussiness of an ornate mirror and vintage pedestal sink.





**TRADITIONAL**  
Wallpaper by renowned British interior design firm Colefax and Fowler wraps the room in history.

## GUEST BEDROOM

The busyness of repeating scroll motifs on the wallpaper and antique iron headboard is muted by simple sage green curtains and minimalist white bedding.

## PATTERN PLAY GET THE LOOK

An ornate iron bed, turned-wood accents, and botanical motifs fill the space with visual movement and warmth.



**BED FRAME**  
*Lucy Black Metal, available in all sizes. From \$160 for a twin; homedepot.com*



**WALLPAPER**  
*Enchanted Fern in Blue/Green, \$110 for a double roll; yorkwallcoverings.com*



**SIDE TABLE**  
*Kate and Laurel Bellport, \$157; overstock.com*



**BEDDING**  
*An instant solution for big pattern. Jardin Toile in Sage, \$41-\$179; ballarddesigns.com*



## MAIN BEDROOM

A hand-blocked print on the headboard feels playful and vibrant. The large scale contrasts the delicate florals in the Pintura Studio drapes, while their mutual red palettes maintain a sense of consistency. ■



**TRADITIONAL**  
An antique  
wood chair  
and nightstand  
echo the tones  
in the wood  
beams.





BY  
CHERYL SLOCUM  
PHOTOS  
CARSON DOWNING  
FOOD STYLING  
KELSEY MOYLAN  
RECIPES  
KATHERINE  
KNOWLTON

# all the right stuff

Keeping vegetables at the center of the plate is moving from trend status to a lifestyle. Our updated stuffed vegetables are what plant-forward eating looks (and tastes) like this summer.



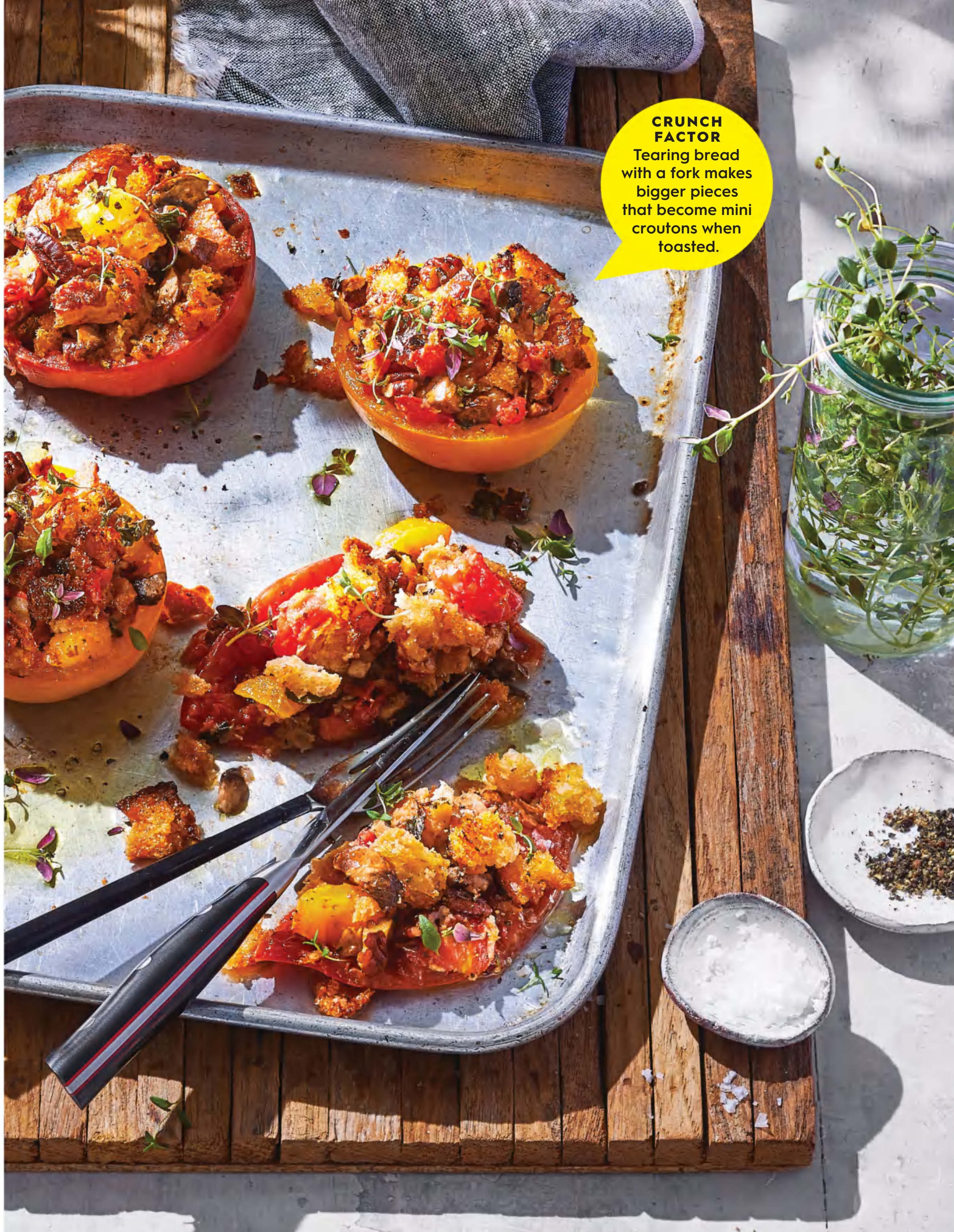


**DIP OR  
DRIZZLE**

The sesame, soy, and rice vinegar sauce is part of the dish's full flavor—don't skip it.

 **Chicken Laab Cabbage Rolls** The only resemblance these bear to the Eastern European tomato-sauced version of cabbage rolls is the leafy green that envelops the filling. In contrast, our spicy soy and herb chicken filling was inspired by the flavor of laab, a minced meat salad considered the national dish of Laos. (On Thai menus, you will see the dish referred to as larb.) Serve them finger-food style as an appetizer or as a fork-and-knife main dish.





**👉 Baked Stuffed Tomatoes with Herbs** When your garden tomatoes are at their best, slide this recipe into your summer meal rotation. It's as simple as a salad, but so much more substantial. You need only a handful of ingredients—tomatoes, toasted bread, nuts, sautéed mushrooms, a few sprigs of herbs—plus 20 minutes in the oven or on the grill and dinner's done.

**👉 Stuffed Eggplant Caponata** If you think you like eggplant only in its Parmesan form, this recipe may convince you to enjoy it the way they do in Southern Italy. The tangy filling is caponata, a Sicilian appetizer made by simmering eggplant, bell pepper, onion, and tomatoes with vinegar, capers, and raisins. Melted burrata and crisped prosciutto on top turn on the charm to the point you won't miss the breading.





## BH&G INSIDER

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### TREND ALERT

Thanks to its neutral flavor, eggplant is the hottest meat substitute since mushrooms.





RECIPES  
BEGIN ON  
PAGE 78.

## TREND ALERT

*With increased interest in plant-based eating, avocado consumption has tripled since 2001 to 8 pounds per person a year.*

👉 **Farro Salad-Stuffed Avocados** Everything about this ancient grain, cuke, and tomato salad contrasts the mellow avocado—the chewy farro, crunchy veggies, and smoky hot harissa vinaigrette. Eat from the top down, making sure to get a bit of salad and avocado with each bite to balance both the flavors and textures.

## 👉 Poblanos with Late-Summer Vegetables & Shrimp

Roasting brings out the earthy sweetness of poblano peppers and softens them so they're easier to stuff with late-season superstars: corn, tomatoes, and zucchini. Latin American flavors shine in a few elements—shrimp seared with cumin and chili powder, fresh radishes, crunchy tortilla strips, and a drizzle of serrano-lime dressing. ■



**TOO HOT?**  
Poblanos are mild.  
It's the serranos  
in the filling that add  
heat. To cool it off,  
swap in a seeded  
jalapeño.







RECIPES FROM PAGES 72-77

## ALL THE RIGHT STUFF

### CHICKEN LAAB CABBAGE ROLLS

*Laab (or larb)—a minced meat salad flavored with fish sauce, lime juice, and fresh herbs—inspired the filling for these updated cabbage rolls.*

**HANDS-ON TIME** 30 min.

**TOTAL TIME** 50 min.

- 1 medium head savoy or green cabbage, separated into leaves and softened (see “Ready to Roll,” far right)
  - 3 garlic cloves, minced
  - 1 tsp. grated fresh ginger
  - 1 cup roughly chopped cabbage
  - 1 lb. uncooked ground chicken
  - 1 Tbsp. sambal oelek
  - 1 Tbsp. lime juice
  - 1 Tbsp. low-sodium soy sauce or tamari
  - 1 tsp. fish sauce
  - ½ tsp. packed brown sugar
  - ¼ cup chopped fresh basil
  - ¼ cup chopped fresh mint
- Spicy Sesame Dipping Sauce (right)

1. Preheat oven to 350°F. Lightly grease a 2-qt. rectangular baking dish. Lay cabbage leaves flat on a work surface.
2. For filling: In a small skillet heat 2 Tbsp. olive oil over medium-high. Add garlic, ginger, and chopped cabbage; cook and stir 2 minutes or

until garlic and ginger are fragrant and cabbage is slightly wilted. Remove from skillet; let cool.

3. In a large bowl stir together ground chicken, sambal oelek, lime juice, soy sauce, fish sauce, and brown sugar. Stir in cabbage mixture and 2 Tbsp. each of the chopped fresh basil and mint.

4. Spoon about ¼ cup of the filling onto a cabbage leaf; roll up like a burrito, tucking in sides as you go. Place roll, seam side down, into the prepared baking dish. Repeat with remaining filling and cabbage leaves. Drizzle rolls lightly with olive oil.

5. Cover and bake 20 to 25 minutes or until chicken is done (165°F). Serve rolls with Spicy Sesame Dipping Sauce and remaining basil and mint. Serves 4.

**SPICY SESAME DIPPING SAUCE** In a small bowl stir together ¼ cup low-sodium soy sauce or tamari, ¼ cup thinly sliced green onions, and 1 tsp. each toasted sesame seeds, rice vinegar, sambal oelek, and toasted sesame oil.

**PER SERVING** 284 cal, 18 g fat (4 g sat fat), 98 mg chol, 1,136 mg sodium, 9 g carb, 4 g fiber, 3 g sugars, 24 g pro

### FARRO SALAD-STUFFED AVOCADOS

*This hearty recipe easily goes vegan if you make a few ingredient swaps. Cook the farro in vegetable broth, substitute vegan feta cheese (such as Violife), and skip the finishing dollop of yogurt.*

**HANDS-ON TIME** 25 min.

**TOTAL TIME** 40 min.

- ½ cup uncooked farro
- 1 cup vegetable broth or low-sodium chicken stock
- ¼ cup finely chopped shallot
- 2 garlic cloves, minced
- ½ to 1 tsp. harissa paste
- ¼ tsp. smoked paprika
- 1 lemon (1 tsp. zest; 2 Tbsp. juice)
- 3 medium firm, ripe avocados
- 1⅓ cups chopped tomatoes
- 1 cup thinly sliced English cucumber
- 1 cup finely chopped red onion
- ¼ cup chopped fresh dill
- ¼ cup crumbled feta cheese
- Plain Greek yogurt (optional)

1. Rinse and drain farro. In a medium saucepan bring broth to boiling; add farro. Cook 15 to 20 minutes or until tender but still chewy in the center; drain. Transfer to a bowl; let cool.

2. In a small saucepan heat 2 Tbsp. olive oil over medium. Add shallot; cook and stir 3 minutes or until tender. Add garlic; cook and stir 1 minute. Add to farro mixture with harissa, paprika, lemon zest and juice, and an additional 2 Tbsp. olive oil; mix. Season with kosher salt.

3. Halve avocados lengthwise and remove the pits. Using a spoon, scoop out flesh, keeping the peel intact. Set shells aside and chop avocado flesh.

## READY TO ROLL

To soften cabbage leaves so they are pliable for rolling, try one of the following methods.

### BOIL

Fill a large pot halfway with water (pot needs to be large; the cabbage will displace some of the water). Bring to boiling, then reduce heat until water is simmering. Insert a large serving fork into cabbage core and submerge cabbage in water 1 to 2 minutes or until outer leaves soften.

Remove cabbage from pot, cool slightly, and pull or trim the softened outer leaves away. Repeat dipping and peeling leaves away from core. (The thicker inner leaves will take 2 to 3 minutes to soften.)

### FREEZE

Remove wilted outer leaves from cabbage. Rinse cabbage and remove core; pat dry. Place cabbage in a resealable plastic bag; seal. Freeze 3 hours or up to 2 days. When ready to use, thaw cabbage at room temp 2 to 3 hours. Peel the leaves away from core.





# FULL OF TASTE, FREE FROM COMPROMISE

## INGREDIENTS

4 Tbsp. Hellmann's® Light Mayonnaise  
1 Tbsp. apple cider vinegar  
1 Tbsp. water  
8 cups baby spinach leaves  
1 avocado, peeled, pitted, sliced  
1 cup spiralized carrots  
1 cup pomegranate seeds  
1/4 cup pine nuts  
Coarsely ground black pepper

## METHOD

1. STIR Hellmann's® Light Mayonnaise, vinegar and water in small bowl until blended and smooth; set aside.  
2. ARRANGE spinach and avocado on serving plates. Top with carrots, pomegranate seeds and pine nuts. Sprinkle with pepper and drizzle with dressing.



WE'RE ON THE SIDE OF FOOD



**4.** Add chopped avocado, tomatoes, cucumber, red onion, and dill to farro mixture. Season with kosher salt; toss gently to combine. Spoon farro mixture into avocado shells. Top with feta cheese and, if you like, serve with Greek yogurt. Serves 6.

**PER SERVING** 391 cal, 29 g fat (5 g sat fat), 7 mg chol, 312 mg sodium, 28 g carb, 9 g fiber, 4 g sugars, 7 g pro



## BAKED STUFFED TOMATOES WITH HERBS

You can also pop these onto a hot grill over medium heat. Grill 10 to 15 minutes until they begin to collapse.

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 40 min.

- 6** oz. day-old white bread, torn into small pieces (4 cups)
- ½** cup olive oil
- 1** cup whole pecans, walnuts, and/or almonds, coarsely chopped
- 4** large or 5 medium tomatoes
- 1** cup chopped fresh mushrooms
- 2** Tbsp. fresh thyme, marjoram, or oregano leaves
- 2** garlic cloves, minced

**1.** Preheat oven to 400°F. Toss bread with 4 Tbsp. of the olive oil and spread on a rimmed baking sheet with the nuts. Bake 5 to 7 minutes or until bread is crisp and golden and nuts are toasted.

**2.** Halve the tomatoes. Remove and discard seeds. Scoop out flesh from tomato halves, coarsely chopping any large pieces, and place in a medium bowl. Add toasted bread and nuts,

mushrooms, thyme, garlic, 1 tsp. kosher salt, ½ tsp. ground black pepper, and remaining 4 Tbsp. olive oil; toss. Spoon bread mixture into tomato halves. Place on baking sheet.

**3.** Bake 15 to 20 minutes or until tops are browned and tomatoes just start to collapse. If you like, top with additional thyme. Serve immediately. Serves 4.

**PER SERVING** 566 cal, 47 g fat (6 g sat fat), 857 mg sodium, 34 g carb, 6 g fiber, 9 g sugars, 9 g pro

## STUFFED EGGPLANT CAPONATA

*Burrata is a semisoft Italian cheese made from cow's milk. It's similar to fresh mozzarella in texture but is filled with cream and small cheese curds.*

**HANDS-ON TIME** 30 min.

**TOTAL TIME** 55 min.

- 2** medium eggplants (2½ to 3 lb. total)
- 2** oz. thinly sliced prosciutto
- 1** cup chopped red onion
- 2** garlic cloves, minced
- 1¾** cups chopped roma tomatoes
- ⅔** cup chopped roasted red bell pepper
- 2** Tbsp. raisins or dried currants
- 2** Tbsp. capers, drained
- 2** Tbsp. red wine vinegar
- ¼** tsp. crushed red pepper
- 3** Tbsp. pine nuts, toasted
- 2** Tbsp. coarsely chopped fresh flat-leaf parsley
- 2** Tbsp. coarsely chopped fresh mint
- 4** oz. burrata cheese, cut or torn into pieces

**1.** Preheat oven to 400°F. Line a rimmed baking sheet with foil. Cut eggplants in half lengthwise through the stems. Using a sharp paring knife, cut around the edge of the flesh in each eggplant half, leaving a ½-inch border. Using a spoon, scoop out flesh, leaving ½-inch-thick shell; reserve flesh. Place eggplant shells, cut sides up, on prepared baking



Get our collection of fresh recipes done in 30 minutes or less on newsstands and at [magazine.store/FastHealthy](http://magazine.store/FastHealthy)



sheet. Drizzle with 2 Tbsp. olive oil and sprinkle with ½ tsp. kosher salt. Roast 25 minutes or until tender.

**2.** Meanwhile, line another baking sheet with parchment paper and arrange prosciutto in a single layer. Bake 8 minutes or until browned and crisp. Cool slightly and, if you like, crumble into bite-size pieces.

**3.** Prepare filling: Chop reserved eggplant flesh into bite-size pieces. In an extra-large skillet heat ¼ cup olive oil over medium-high. Add eggplant; season with ½ tsp. kosher salt and ¼ tsp. ground black pepper. Cook 4 to 5 minutes or until tender, stirring occasionally. Transfer eggplant to a bowl.

**4.** In the same skillet heat 2 Tbsp. olive oil over medium. Add red onion; cook and stir 3 minutes. Add garlic; cook and stir 1 minute. Stir in tomatoes, roasted bell pepper, raisins, capers, vinegar, crushed red pepper, and the cooked eggplant; stir to combine. Remove from heat. Stir in pine nuts, chopped parsley, and chopped mint. Season with ¼ tsp. each kosher salt and black pepper.

**5.** Spoon warm eggplant mixture into roasted eggplant shells. Top with burrata and, if you like, place under broiler 1 minute or until cheese is melted. Top with crispy prosciutto and, if you like, additional crushed red pepper. Serves 4.

**PER SERVING** 514 cal, 41 g fat (9 g sat fat), 25 mg chol, 1,214 mg sodium, 30 g carb, 11 g fiber, 18 g sugars, 15 g pro

## POBLANOS WITH LATE-SUMMER VEGETABLES & SHRIMP

**HANDS-ON TIME** 25 min.

**TOTAL TIME** 55 min.

- 6** fresh poblano peppers
- 12** oz. fresh or frozen (thawed) medium shrimp in shells, peeled and deveined
- 1½** tsp. chili powder
- ¾** tsp. ground cumin



- 3 cups chopped zucchini and/or summer squash (12 oz.)
- 2 ears sweet corn, husks and silks removed and corn cut from cobs, or 1 cup frozen (thawed) corn
- 1½ cups red and/or yellow cherry tomatoes, halved
- ¼ cup chopped fresh cilantro
- ¼ cup thinly sliced green onions
- ½ to 1 fresh serrano pepper, seeded if desired and thinly sliced
- 2 limes (2 tsp. zest; 3 Tbsp. juice)
- 2 garlic cloves, minced
- Crispy tortilla strips, toasted pepitas, thinly sliced radishes, and/or lime wedges

**1.** Preheat oven to 450°F. Line a shallow baking pan with foil. Place poblano peppers in pan; drizzle with 1 Tbsp. olive oil. Roast 15 minutes or until tender and starting to char. Wrap peppers in foil; let stand 15 minutes or until easy to handle. Peel skins from peppers. Make a slit along one side of each pepper; remove and discard seeds.

**2.** Meanwhile, for filling: In a medium bowl combine shrimp, chili powder, cumin, and ½ tsp. each kosher salt and ground black pepper. Drizzle with 1 Tbsp. olive oil; toss to coat. Heat an extra-large skillet over medium-high. Add shrimp mixture; cook 2 to 3 minutes or until shrimp are opaque, stirring once or twice. Remove from skillet.

**3.** In the same skillet heat 1 Tbsp. olive oil. Add zucchini and corn. Cook 5 minutes or until tender and slightly browned, stirring occasionally. Add tomatoes; cook 2 minutes or until softened. Return shrimp to skillet. Toss to combine. Season with ¼ tsp. each kosher salt and black pepper.

**4.** For vinaigrette: In a small bowl combine cilantro, green onions, serrano, lime zest and juice, and garlic. Add ¼ cup olive oil; whisk until combined.

**5.** Spoon shrimp mixture into poblano peppers. Drizzle with vinaigrette. Serve with tortilla strips, toasted pepitas, radishes, and/or lime wedges. Serves 6.

**PER SERVING** 285 cal, 20 g fat (3 g sat fat), 79 mg chol, 187 mg sodium, 15 g carb, 4 g fiber, 6 g sugars, 15 g pro



RECIPES FROM PAGES 48–52

## THE CRISPIEST CHICKEN SANDWICH

### SPICY BUFFALO-STYLE CHICKEN SANDWICHES

**HANDS-ON TIME** 25 min.

**TOTAL TIME** 1 hr. 35 min.

- 1 medium carrot
- 1 stalk celery
- 2 Tbsp. blue cheese dressing
- 2 8-oz. skinless, boneless chicken breast halves, halved crosswise
- 1½ cups buttermilk
- 1 egg, lightly beaten
- 1 Tbsp. Buffalo-style hot sauce, plus more for serving
- 1½ cups all-purpose flour
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. cayenne pepper
- 1 tsp. smoked paprika
- ¼ cup cornstarch
- ½ cup vegetable oil
- 4 hamburger buns, split
- Crumbled blue cheese (optional)

**1.** For slaw: Use a vegetable peeler or sharp knife to cut carrot and celery into strips. In a medium bowl combine carrot, celery, and dressing. Cover and chill 1 to 4 hours. Using the flat side of a meat mallet, lightly flatten chicken pieces between two pieces of plastic wrap to an even thickness.

**2.** In a bowl whisk together buttermilk, egg, 1 Tbsp. hot sauce, and ½ tsp. each kosher salt and ground black pepper. In another bowl stir together flour, onion powder, chili powder, cayenne, smoked paprika, and an additional ¾ tsp. each

kosher salt and black pepper. Place cornstarch in a shallow dish. Coat chicken with cornstarch, then dip in buttermilk mixture. Coat pieces with flour mixture. Dip again in buttermilk mixture, then again in flour mixture. Let breaded chicken stand about 20 minutes.

**3.** Meanwhile, in a large or extra-large cast-iron skillet heat the oil over medium to 375°F. Add chicken to oil; fry 8 to 10 minutes or until golden brown and chicken reaches 165°F, turning once.

**4.** To serve, dip chicken in additional hot sauce (or drizzle generously). Serve in buns with slaw and, if you like, crumbled blue cheese. Makes 4 sandwiches.

**PER SANDWICH** 660 cal, 22 g fat (4 g sat fat), 135 mg chol, 1,548 mg sodium, 73 g carb, 3 g fiber, 9 g sugars, 40 g pro

### CRISPY DILL PICKLE CHICKEN SANDWICHES

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr. 30 min.

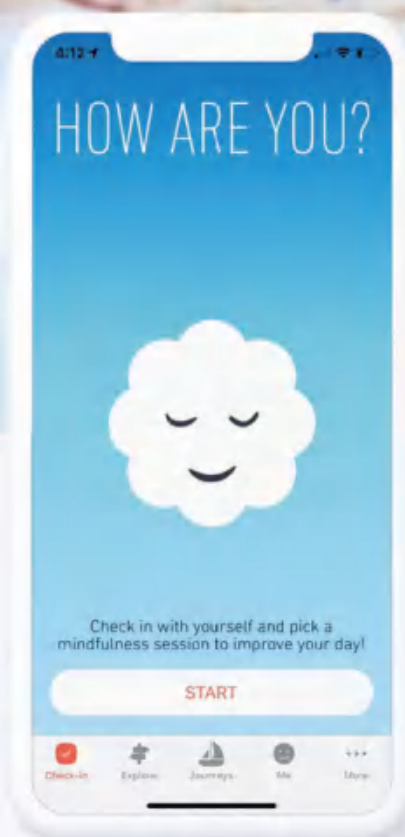
- 2 8-oz. skinless, boneless chicken breast halves, halved crosswise
- 1½ cups dill pickle brine
- 1 cup all-purpose flour
- 2 Tbsp. baking powder
- 1 tsp. celery salt or garlic salt
- 1 tsp. paprika
- 2 cups vegetable oil
- 4 potato buns, split
- Desired toppings, such as leaf lettuce, dill pickles, and/or tomato slices (optional)
- Copypat Chick-fil-A Sauce (p. 82)

**1.** Using the flat side of a meat mallet, lightly flatten chicken pieces between two pieces of plastic wrap to an even





6:42 am — Achy  
 10:52 am — Hesitant  
 2:33 pm — Positive  
 3:26 pm — Grounded  
 6:39 pm — Thankful



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thickness. In a medium bowl combine chicken, pickle brine, and  $\frac{1}{8}$  tsp. each kosher salt and ground black pepper. Cover and chill 1 to 4 hours.

**2.** In a shallow dish stir together the flour, baking powder, celery salt, paprika, and  $\frac{1}{8}$  tsp. each kosher salt and black pepper.

**3.** Remove chicken from brine mixture, allowing excess to drip off. Coat chicken well with flour mixture. Dip again in brine mixture, then again in flour mixture. Let breaded chicken stand about 20 minutes.

**4.** Preheat oven to 300°F. Place a wire rack in a sheet pan and place pan in oven. Meanwhile, in a large pot or Dutch oven heat the oil to 375°F.

**5.** Add two pieces of chicken to hot oil; fry 5 minutes or until golden brown and chicken reaches 165°F, turning once. Using a slotted spoon, transfer chicken to pan in oven to keep warm. (Fried chicken will hold in the warm oven up to 15 minutes before serving.) Repeat with remaining chicken.

**6.** Serve chicken in buns with desired toppings and Copycat Chick-fil-A Sauce. Makes 4 sandwiches.

**COPYCAT CHICK-FIL-A SAUCE** In a small bowl stir together  $\frac{1}{4}$  cup each mayonnaise, yellow mustard, and barbecue sauce.

**PER SANDWICH** 695 cal, 30 g fat (4 g sat fat), 89 mg chol, 1,725 mg sodium, 69 g carb, 4 g fiber, 11 g sugars, 36 g pro

### AIR-FRYER CHICKEN KATSU SANDWICHES

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr.

- 2** 8-oz. skinless, boneless chicken breast halves, halved crosswise
- $\frac{1}{4}$  cup reduced-sodium soy sauce
- 1** Tbsp. toasted sesame oil, plus more for serving
- 1** Tbsp. mirin (optional)
- 2** garlic cloves, minced
- $\frac{1}{4}$  cup all-purpose flour
- 1** egg, lightly beaten
- 2** Tbsp. mayonnaise or sour cream
- 1** tsp. honey mustard or hot mustard (optional)

- 1** cup panko
- 1** to 2 Tbsp. black and/or white sesame seeds
- 8** slices milk bread or 4 hamburger buns, split
- Desired toppers, such as shredded cabbage, bottled tonkatsu sauce,\* chopped green onion, and/or mayonnaise (optional)

**1.** Using the flat side of a meat mallet, lightly flatten chicken pieces between two pieces of plastic wrap to an even thickness. In a bowl or resealable bag combine soy sauce, the 1 Tbsp. sesame oil, mirin (if using), and garlic. Add chicken; turn to coat. Cover or seal, and chill 30 to 90 minutes.

**2.** In a shallow dish stir together flour, 1 tsp. kosher salt, and  $\frac{1}{8}$  tsp. ground black pepper. In a shallow bowl whisk together egg, mayonnaise, and mustard (if using). In another shallow dish combine panko and sesame seeds.

**3.** Remove chicken pieces from marinade; discard marinade. Coat chicken pieces with flour mixture, then dip in egg mixture. Coat with panko mixture, pressing to adhere. Coat one side of chicken pieces with olive oil nonstick cooking spray.

**4.** Preheat air fryer to 400°F.\*\* Add chicken to basket, oil spray side up, and cook 4 minutes. Turn chicken, coat with additional olive oil cooking spray, and cook 4 to 5 minutes more or until golden brown and chicken reaches 165°F.





5. Serve chicken between slices of bread or on buns with desired toppers. If you like, drizzle with additional sesame oil to serve. Makes 4 sandwiches.

**\*TIP** If you can't find bottled tonkatsu sauce, a sweet and savory Japanese condiment usually served with pork, you can make your own: In a small saucepan combine ½ cup *ketchup*,

2 Tbsp. *soy sauce*, 1 Tbsp. packed *brown sugar*, 1 Tbsp. *mirin* or *rice vinegar*, 1½ tsp. *Worcestershire sauce*, 1 tsp. grated *fresh ginger*, and 2 cloves *minced garlic*. Heat over medium, stirring to dissolve sugar. Let cool. Refrigerate up to 1 week. Makes ¾ cup.

**\*\*SHEET-PAN VARIATION** If you don't have an air fryer, preheat oven to 450°F.

Place a wire rack in a sheet pan.

Prepare chicken as directed through Step 3. Place chicken pieces on rack in prepared pan. Bake 15 minutes or until golden brown and chicken reaches 165°F. Serve as directed.

**PER SANDWICH** 472 cal, 20 g fat (5 g sat fat), 122 mg chol, 714 mg sodium, 38 g carb, 1 g fiber, 4 g sugars, 32 g pro

## SWEEPSTAKES RULES

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## Eating **ONE CUP** of leafy greens a day can boost your muscle function.

Spinach, kale, arugula, and other leafy greens are high in nitrate, a naturally occurring chemical in fruits and vegetables (not the same as nitrates in cured meats). Researchers found that people who ate the most nitrate had 11 percent more lower-body strength and faster walking speeds.



Getting your steps in counts! A study showed a 32% lower rate of death in the group of people who took 2,000 steps a day.



For the group with only 1,000 steps, the rate dropped

# 28%

The results were the same for those who racked up steps in spurts—say, to and from the car—as those who took long walks.

# 42%

**THAT'S HOW MUCH TAKING BIRTH CONTROL PILLS CAN LOWER YOUR RISK OF OVARIAN CANCER.**

Scientists looked at data from nearly 2 million women ages 15–49 and found that today's pills lowered ovarian cancer risk.

If you have a family history of ovarian cancer, ask your doctor about taking birth control pills.



**Rx SMARTS**  
Over-the-counter meds can interact with Rx drugs, so tell the doc and pharmacist everything you're taking.



# 16%

The price of brand-name Rx drugs rose by this much in a three-year span, says a 2021 report.

That's a big jump and part of why prescription drugs cost the average American \$1,200 each year. A few ways you can save: Ask your doctor about generic versions and consider getting a bigger supply, such as a 90-day one instead of a monthly refill. Before you head to the pharmacy, compare prices through an app like GoodRx or WellRx.

## September 28 is National Voter Registration Day.

Millions of citizens miss out on voting each year because they don't know how to register, missed a deadline, or didn't realize they needed to update their registration. Use the tools at [nationalregistrationday.org](https://nationalregistrationday.org) to check your status and register if you need to.





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**TREND  
ALERT**

# healthier at home

 The last year-and-a-half has been stressful, with our routines upended and more hours spent at home than we ever imagined. But we adapted and developed different ways of carrying on with our lives. This has led to many positive trends that are helping us live healthier and happier, starting at home.

 Set up your home gym in a well-lit area where there are no distractions.

VENUS DAVIS  
(Coach Ve)  
Personal Trainer,  
USA Weightlifting  
Coach



## SO MANY OPTIONS TO EXERCISE

One bright spot of the pandemic: We've discovered the upsides of working out from home—no more gym commute and the flexible hours; your home never closes! And options for at-home equipment and classes have expanded in an exciting way. When it comes to setting yourself up for success, the first step is locating an ideal spot in your home, says Venus “Coach Ve” Davis, a Washington, DC-based certified personal trainer. You want a space that’s well-ventilated, clutter-free, and roomy enough so you can move around freely.

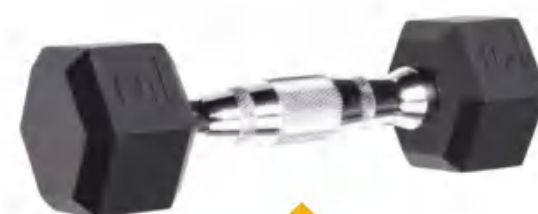
## ↑ MAKE IT WORK

### ■ MATCH YOUR EQUIPMENT TO YOUR GOALS

If you want to lose weight, invest in good walking/running shoes and a mat. If the goal is to work on strength training, a mat in addition to dumbbells and/or resistance bands are easy-to-use basics to get you started.

## GEAR UP

A few good pieces of equipment to add to your workouts.



### MARCY RUBBER HEX DUMBBELL

These are rubber-coated so they won’t cause floor damage or roll around. From \$40 per pair; [marcypro.com](http://marcypro.com)



### GAIAM PERFORMANCE YOGA MAT

A shockproof mat is a must-have to support ankles and knees as you’re resistance training. This one is made of recyclable TPE material. \$40; [gaiam.com](http://gaiam.com)



### ROGUE FITNESS JUMP ROPE

One minute of jumping rope between sets of resistance training works your heart and your muscles. \$28; [roguefitness.com](http://roguefitness.com)



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SESAME  
CHICKEN &  
VEGETABLES

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CALORIES

17g  
PROTEIN

1/2 cup  
OF VEGETABLES





## TELE-HEALTH

During the pandemic, “seeing” your doctor on a screen before heading to or in place of an in-person appointment was a necessity. Now patients and practitioners alike realize that “telehealth done well can lead to improved health care,” says Jay J. Schnitzer, M.D., Ph.D., a health technology expert and co-chair of the COVID-19 Healthcare Coalition. That’s in large part because telehealth has made it easier to get the health care you need; experts think insurance companies will continue to cover it (but call to ask).

Jot down notes before the visit so you can explain your symptoms as specifically as possible; this will help the doctor determine if you need to come in.

**↑ THERAPY GOES VIRTUAL** The telehealth innovation has been a boon to mental health treatment, allowing people easier access to therapy. One way to connect with a therapist is via an app, but you may need to test a few to find the right fit. To help filter your choices, Beth Israel Deaconess Medical Center created a database of mental health apps ([mindapps.org](http://mindapps.org)) that you can search based on criteria like cost. TalkSpace ([talkspace.com](http://talkspace.com)) and BetterHelp ([betterhelp.com](http://betterhelp.com)) are two popular apps that give you access to text, video, and audio messaging with a licensed therapist, as well as monthly sessions.

## A FOCUS ON BETTER SLEEP

Our vital sleep habits took a particularly hard hit during the pandemic with all the stress and uncertainty. The upside is that many of us finally heard the wake-up call on just how crucial our snooze time is. One trend that’s helping us sleep better: products that filter out blue light (mostly from screens), which reminds the brain of daylight and “can affect our internal clock, making the brain think the day isn’t over yet,” says Jennifer Martin, Ph.D., a clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA.



### ← MAKE IT WORK

**■ MENTALLY WIND DOWN** Try a meditation app or listening to nature sounds on Spotify. White noise also can help lull you to sleep.

### ■ BAN SCREENS FROM THE BEDROOM

Looking at a screen is more disruptive to sleep than light exposure during the day, Martin says. Stash a pad of paper on your nightstand for jotting down any important midnight thoughts.

## SLEEP AIDS

These gadgets can help you get to sleep easier and wake up more gently.



### BLUE BLOCKING LIGHTBULB

Switch out your bedside bulbs for this one, which you can read by at night without the stimulating blue light. From \$19; [bedtimebulb.com](http://bedtimebulb.com)



### BLUE LIGHT GLASSES

These clear-lens glasses block approximately 30% of blue light so your nervous system can wind down easier. From \$26; [fostergrant.com](http://fostergrant.com)



### LOFTIE ALARM CLOCK

Trade your phone alarm for this clock that has custom playable content including guided meditations, white noise, and relaxing sounds. \$149; [byloftie.com](http://byloftie.com)



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From the McWane Science Center in  
Birmingham to the U.S. Space & Rocket Center  
in Huntsville, you can take it all in.

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the draw of exploration  
and discovery

*See*

history that propelled  
us into the future

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# OFFICE MATES

Tools that make working from anywhere more comfortable.



## ALCOVERISER STANDING DESK CONVERTER

Raises your computer so you can stand while you work. Fits two 24" monitors and a keyboard. \$130; [flexispot.com](https://flexispot.com)



## SLEEP NUMBER LUMBAR SUPPORT PILLOW

Wider and taller than most pillows, its memory foam eases stress in the middle and lower back. \$25; [sleepnumber.com](https://sleepnumber.com)



## OFFICE STAR KNEELING CHAIR

Kneeling chairs engage your core and take pressure off your lower back. \$96; [staples.com](https://staples.com)

## WORKING FROM HOME

The pandemic saw nearly 70 percent of full-time employees doing their jobs from home during 2020. Although it has its challenges, working from home has some serious good points, and half of workers clocking in remotely say they want to

continue to do so. After all, it eliminates commuting time and allows our schedules to be more flexible: You can wake up, do some work, exercise, do some work—all in the comfort of your home.

Along with the return to the office, many companies are offering a hybrid work schedule. The tips and products here can help you work from home in a healthy way.

## MAKE IT WORK

### ■ CHANGE POSITION

Stand for 10 minutes, sit for 30, cross and uncross your legs. And take activity breaks every hour: Walk to another room or jog up stairs. This keeps muscles moving to help burn calories and allows you to stretch to avoid strains, says Stacey Pierce-Talsma, D.O., associate clinical

professor at the University of New England College of Osteopathic Medicine.

■ **INVEST IN A GOOD CHAIR** Look for one with good lower-back support, armrests you can set your elbows on (at 90 degrees when typing), and adjustable height so your feet are flat on the ground as much as possible. You don't need the Cadillac of office chairs, but splurge if you can.

## ONE GOOD MOVE

Extra time sitting contributed to an epidemic of weak glute muscles. Try this glute kickback from Coach Ve five times a week. ■ On a mat, position yourself on your elbows and knees, back in a straight line, core muscles contracted. ■ Extend one leg back and up, creating a parallel line with the floor. Point your toes, sole facing upward. ■ Lift the extended leg as far as you can, squeezing your glutes. ■ Return to starting position without touching your knee to the ground and repeat for 15 repetitions, with a full pause at the top of the move to contract the glute muscle. ■ Switch legs and repeat. ■



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# better HOW TO Beat A SNACK ATTACK

The star of these recipes: energy-boosting trail mix, which adds fiber and protein to power you through the 3 o'clock slump.

## quick bite

To go nut-free, sub in sunflower seed butter. Just give it a good stir first.

## Jammy OAT SQUARES

It's a PB&J in bar form. These jam-filled crumble squares are packed with healthy carbs and nut butter for extra protein.

Butter an 8-inch square pan; line with parchment so the ends hang over two sides. In a large bowl combine 1 cup **rolled oats**; 1 cup **trail mix**, finely chopped; 1 cup **all-purpose flour**; ½ cup **packed brown sugar**; and 1 tsp. **kosher salt**. In a small bowl combine ½ cup **melted butter**, ¼ cup **peanut butter** or **almond butter**, and 1 tsp. **vanilla**. Stir wet mixture into dry mixture. Reserve 1 cup and press remaining mixture into bottom of pan. Bake at 350°F

10 minutes. Meanwhile, combine reserved mixture with an additional ¼ cup rolled oats. Spread ¾ cup **berry jam** over partially baked crust. Top with oat mixture, squeezing into clumps as you go. Return to oven and bake 20 to 25 minutes or until jam is bubbling and topping is lightly golden. Cool completely; lift out of pan and cut into squares. Makes 16.  
**PER SQUARE** 245 cal, 11 g fat (5 g sat fat), 33 g carb, 2 g fiber, 15 g sugars, 4 g pro





# POWER UP AGAINST PEANUT ALLERGY WITH PALFORZIA

PALFORZIA, the first and only FDA-approved treatment for peanut allergy, is a daily oral therapy that helps reduce the severity of allergic reactions to peanuts that may be hidden in foods.

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For children aged 4 through 17

## WHAT IS PALFORZIA?

PALFORZIA is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old. If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction.

You must maintain a strict peanut-free diet while taking PALFORZIA.

## IMPORTANT SAFETY INFORMATION

**PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.**

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- You will receive the first dose of all dose increases in a healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

**Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA:**

- Trouble breathing or wheezing
- Chest discomfort or tightness
- Throat tightness
- Trouble swallowing or speaking
- Swelling of your face, lips, eyes, or tongue
- Dizziness or fainting
- Severe stomach cramps or pain, vomiting, or diarrhea
- Hives (itchy, raised bumps on skin)
- Severe flushing of the skin

**Because of the risk of severe allergic reactions, PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program.** Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

You should NOT take PALFORZIA if you have uncontrolled asthma, or if you ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have and if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects of PALFORZIA were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

**PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.**

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include:

- Trouble swallowing
- Food stuck in throat
- Burning in chest, mouth, or throat
- Vomiting
- Regurgitation of undigested food
- Feeling sick

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](https://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please see a Brief Summary of the full Prescribing Information and Medication Guide, including an Important Warning about anaphylaxis, on the following page.**



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AIMT-PM-USA-0818 07/21





IMPORTANT FACTS

This is only a brief summary of important information about PALFORZIA and does not replace talking to your healthcare provider about your condition and treatment. For complete product information, please see full Prescribing Information, including Medication Guide, at [www.PALFORZIA.com](http://www.PALFORZIA.com).

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT PALFORZIA?

**PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.**

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- You will receive the first dose of all dose increases in a healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

**Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA:** Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Hives (itchy, raised bumps on skin); Severe flushing of the skin.

For home administration of PALFORZIA, your doctor will prescribe injectable epinephrine, a medicine you must inject if you have a severe allergic reaction after taking PALFORZIA. Your doctor will train and instruct you on the proper use of injectable epinephrine.

Talk to your doctor and read the epinephrine patient information if you have any questions about the use of injectable epinephrine.

PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Before you can receive PALFORZIA, you must:

- Enroll in this program.
- Receive education about the risk of a severe allergic reaction (anaphylaxis) by a healthcare provider who practices in a setting that is certified through the REMS program.
- Understand that you will be monitored in a healthcare setting during and after the Initial Dose Escalation and for the first dose of each Up-Dosing level.
- Receive education about how to maintain a peanut-free diet. You must attest that you will continue to avoid peanuts at all times.
- Fill the prescription your healthcare provider gives you for the injectable epinephrine. You must attest that epinephrine will be available to you at all times.

Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

WHAT IS PALFORZIA?

PALFORZIA is a prescription medicine derived from peanuts. It is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old.

If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction. You must maintain a strict peanut-free diet while taking PALFORZIA.

WHO SHOULD NOT TAKE PALFORZIA?

You should NOT take PALFORZIA if:

- You have uncontrolled asthma.
- You ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PALFORZIA?

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have. You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of PALFORZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

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The most commonly reported side effects were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to PALFORZIA can include: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness or swelling; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Skin rash, itching, or raised bumps on skin; Severe flushing of the skin.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include: Trouble swallowing; Food stuck in throat; Burning in chest, mouth, or throat; Vomiting; Regurgitation of undigested food; Feeling sick.

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).



# better

## CHEWY Granola BITES

Almond butter and flaxseed combine to make these bites high in both protein and heart-healthy, good fats, which will help keep you satiated and focused.

Butter a 13×9-inch baking pan; line with parchment so the ends hang over two sides. In a large bowl combine 2 cups **rolled oats**; 2 cups **trail mix**, roughly chopped; 1 cup **unsweetened shredded coconut**; and ½ cup **golden flaxseed meal**. In a medium bowl mix 1 cup **honey**, ¾ cup **unsalted almond butter**, 3 Tbsp. **avocado oil**, 1½ tsp.

**vanilla**, and 1 tsp. **kosher salt** until fully combined. Stir wet mixture into dry mixture. Spread in pan and press into an even layer. Bake at 350°F 25 minutes or until golden. Cool completely; lift out of pan and cut into 1-inch bites. Makes 117.

**PER 6 BITES** 282 cal, 18 g fat (6 g sat fat), 30 g carb, 6 g fiber, 18 g sugars, 6 g pro

### quick bite

Mix in dark chocolate chips for a treat without a ton of added sugar.

### quick bite

Great for on the go. Tastes like monster cookie dough.

## Trail Mix ENERGY BALLS

More than a snack, these balls of energy can double as a high-protein, low-sugar breakfast or after-dinner treat.

In a large bowl combine 1 cup **rolled oats**; 1 cup **trail mix**, large pieces roughly chopped; and, if desired, ¼ cup **golden flaxseed meal**.

In a small bowl mix ⅔ cup **sweetened condensed milk**, ½ cup **peanut butter** or **almond butter**,

1 tsp. **cinnamon**, and 1 tsp. **vanilla** until fully combined. Stir wet mixture into dry mixture. Roll into 1½-inch balls and refrigerate until firm, at least 1 hour. Makes 24.

**PER BALL** 105 cal, 6 g fat (1 g sat fat), 11 g carb, 1 g fiber, 5 g sugars, 3 g pro

## \* THE RIGHT Mix

The ideal trail mix combo is nuts and seeds (for fiber, protein, and healthy fats), and dried fruits (good carbs—look for no added sugar). To bump up the fiber even more, mix in a whole grain cereal. ■





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# helping pets stay calm when you're gone

With the return to school and work, and everyone getting out more, furry family members may feel stressed about not having you around as much. Here's how to know if your pet is experiencing separation anxiety and minimize the symptoms.

which you can talk to your pet and dispense treats remotely are also an option; just monitor how pets react to hearing your voice.

## therapy or supplements

In many cases a behaviorist can work with a pet to develop tailored strategies. It boils down to making your pet feel safe, which includes giving them a spot where they can go if they feel stressed (a favorite bed or blanket). Some supplements and medications have also shown some effect in decreasing anxiety, Lilly says. She points to Zylkene, Solliquin, and Anxitane, and Calming Care, a probiotic supplement that can help lower the stress hormone cortisol in dogs. It might take some trial and error, but with a little patience, and working with your vet, you can manage your pet's anxiety. ■



**J**ust like people, pets have different personalities and temperaments. Some pets are more prone to anxiety, and this can be triggered by a change in their environment or routine. A big difference now is that you and your family are likely not home as often as you were during the pandemic. If you come home to chewed furniture, scratch marks on doors and windows, and potty accidents, your pet is likely having separation anxiety.

## rule out a physical issue

Start with a visit to the veterinarian. "A change in behavior could be caused by a physical condition or disease," says Ragen McGowan, Ph.D., Purina behavior research scientist. For instance, urinary or digestive problems might cause accidents in the house. Pain might be behind excessive grooming or increased whining. "Once you

have the all clear from your vet, you can work to identify the triggers for anxious behavior," McGowan says.

## reframe alone time

If possible, let your pet practice being by herself in a way she's comfortable. Try placing her in a quiet room or kennel with a special toy. Gently close the door or go around the corner for a few minutes; slowly increase the time she spends apart from you—as long as she's

not exhibiting signs of stress or anxiety. This helps your pet develop positive associations with being alone, says M. Leanne Lilly, D.V.M., D.A.C.V.B., a board-certified veterinary behaviorist in Columbus, OH.

Before you leave the house, take your dog for a quick walk or play an interactive game with your cat. Playing classical music can help them feel less alone too. Devices (Furbo, PetChatz) that have cameras through





CATS. SMART ENOUGH TO GET THEIR CLAWS INTO YOUR WILL.  
NOT SMART ENOUGH TO CLEAN THEIR OWN TEETH.





# UP FOR THE CHALLENGE

Every school year brings its own issues, but this one has a particular set of adjustments as kids return to school after being upended by the pandemic. Keep an eye on these situations your child might be facing.



## RETURNING TO A TIGHTER ROUTINE

Going back to an earlier wake-up time after the summer is always a transition, but if your child spent the last year in a virtual classroom, the process may be more difficult. “Don’t wait until the night before the first day of school to change the routine,” says Michele Borba, Ed.D., an educational psychologist and author of *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine*. Kids need time to reset habits: Start moving bedtime earlier until they can get the sleep they need. Also reestablish a wind-down routine, turning off all digital devices at least 30 minutes before bed and doing something relaxing, such as taking a shower, listening to music, or reading.

## GETTING THE NEW LAY OF THE LAND

Your child may be starting a new school—going from middle to high school, for example—or transferring to a different school. To help ease any anxieties about the transition, have a conversation about what he’s looking forward to and excited about, says Yamalis Diaz, Ph.D., a clinical assistant professor in the department of child and adolescent psychiatry, NYU Langone Health. “Excitement and anxiety can feel the same way in the body; it’s partly our interpretation that affects how we react to it,” Diaz explains. “Try to redirect some anxiety in the direction of excitement.” Also ask if there’s anything he’s feeling nervous about and brainstorm coping strategies. The goal is to help empower your child as he enters this new chapter.

**\* EASE INTO THE NEW SCHEDULE** “Try not to rush back to a full pre-pandemic after-school activity schedule right away,” says David Fassler, M.D., a child and adolescent psychiatrist. “Let kids resume at a gradual pace and give them choices where you can.” This will help your child feel a sense of control in reshaping her school experience.



# #1 Organizing App for Families



A color-coded calendar for the whole family to share



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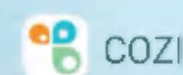


A shared list so anyone can add items and pick up the groceries

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- ☐ Lime
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Help your child recharge by scheduling daily downtime—even just 15 minutes of listening to music or simply spacing out. “Kids are treading water all day cognitively, and when they reach the shore, they need to relax and rest,” Diaz says.

### MAINTAINING ATTENTION THROUGHOUT THE DAY

While kids won’t have to deal with Zoom fatigue the way they did last year, the school day can still feel exhausting. “Talk to your kids about which classes are hard for them to stay focused in or sit through,” Diaz advises. Once you’ve ID’d the trouble spots, encourage your child to reset his attention by asking for a short break (such as going to the bathroom) during that class. He could also try having a high-protein snack and a drink of water right before the class to help him power through.

### STAYING ON TOP OF SCHOOLWORK

The key here is to help your child stay organized to manage the workflow. At the start of the year, find out how assignments will be given—in class, an online message board, or a combination—and develop a method for keeping track.

“Look two to three weeks ahead and plan out a work schedule with your student,” Borba says. “You’re helping them break assignments into smaller pieces.” They could use pens in different colors to note when an assignment is made, when it’s due, and when it is turned in.

### CHANGING SOCIAL DYNAMICS

“Social distancing guidelines have inadvertently allowed kids to keep their social circles very small, which, in some cases, has led to exclusion behavior and/or bullying,” Diaz says. Many kids also had increased anxiety and/or depression during the pandemic, leading to more social withdrawal. This social isolation may be more challenging to overcome as we begin to approach a “new normal,” says Meg Benningfield, M.D., director of the division of child and adolescent psychiatry at Vanderbilt University Medical Center.

Before the first day of school, encourage your child to reconnect with a trusted friend (or two) who can be a sort of bridge back to the social scene, Diaz says. You can also try to spark a conversation by asking how they think things will go socially after everyone has been away from each other. Another strategy: Ask what their friends are saying about social issues. “Sometimes kids are more likely to share their feelings through what we call displacement,” says Benningfield. “If you ask what their friends are saying, they’ll also talk about some of their worries.”

## CALM FEARS OF THE VIRUS

Even as new infections are going down, kids are aware that COVID-19 is still circulating, and they may worry about navigating crowded hallways, lunchtime, and other high-density situations. To help ease these concerns, talk to your child about the precautions the school is taking and how pleased you are with them. Encourage your child to put an extra mask and a mini bottle of hand sanitizer in his backpack, Borba says. Then ask: “What else do you need to feel safe?” Addressing this issue head-on will go a long way in allaying your child’s fears. ■





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## mood booster

Orlando uses color and accessories to cheer up a space. “Color can be surprisingly reassuring. Pink walls give me a sense of comfort. I’ve always liked things that are playful and fun, like smiling pillows and ceramics. To some people, it’s creepy. To me, it’s built-in friends.”



## i’m excited about ...

“Clare.com is an online paint store that makes it super easy to choose and buy interior paint. They have a curated, narrowed-down palette (55 hues versus hundreds); they send big peel-and-stick samples to test the color on your wall; and their paint is water-based and zero-VOC. (Though true confession: I like the smell of paint.)”

### ORLANDO’S TIP FOR ROOMS WITHOUT CROWN MOLDING

Paint the top 2 inches of the wall the same color as the ceiling. “It looks like trim.”

## [DAILY DOWNTIME]

“At the end of the day I spend an hour cleaning up my yard. Doing something like picking up sticks clears my mind, and it’s physical so it feels like a workout.”



# ORLANDO SORIA

**HELPING HOMEOWNERS REIMAGINE THEIR LIVES AND SPACES WITH DESIGN LESSONS, RELATIONSHIP ADVICE, AND PLENTY OF HUMOR.**

After a breakup and job loss, interior designer Orlando Soria discovered the healing power of home makeovers, DIY projects, and fresh paint. The host of HGTV’s *Build Me Up* shares his favorite finds and ways to add personality to your space.



## object of affection

“In 2001, my mom and I visited Japan and climbed Mount Fuji. This hiking stick has flags and stamps from the different stations along the trail. My mom grew up in Japan and has a similar one from when she hiked it as a young girl.”



## design & life lessons

In *Get It Together!* Orlando shares decorating fundamentals, romance woes, and no-stress home projects. \$40; [penguinrandomhouse.com](http://penguinrandomhouse.com)



## photo ops

Orlando keeps printed photos in a shallow bowl on his coffee table. “Adding little hints of myself, my family, and places that are important to me makes my space feel homier.” ■

“When you go through any kind of loss or life change, redesigning your space helps you move forward, heal, and create something beautiful.”



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ok, so with the world the way it is  
and all we should try to buy less, and  
reuse more. that's why we created  
our brand new aluminum range.  
durable. refillable. unmissable. you  
know. in that classy, low-key kinda  
way. and it comes in four fragrances  
and finishes so stylish they'll give  
your toothbrush holder a complex.

